WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

MARCH/APRIL 2017

42 FRESH SPRING RECIPES

THE TRAVEL ISSUE

MEXICO CITY

PROVENCE

MARIN COUNTY

\+ THE SCIENCE ON SALT

Have We Been All Wrong?

ARTICHOKES WITH LEMON & DILL, PAGE 48

CALIFORNIA WALNUTS

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THE TRAVEL ISSUE

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On the Road to New Tastes

JESSIE PRICE
EDITOR@EATINGWELL.COM

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A few months ago I ate a sandwich I can't stop thinking about. A man on the street in Marrakech split a soft round bun along one side, then chopped cooked potato and hard-boiled egg straight into it. He slapped in chunks of soft cheese and finished it with olive oil, salt, diced onion and harissa. He handed it over wrapped in a scrap of paper. This was my first trip to Morocco. I arrived with ideas of tagines, kebabs and spices. I hadn't considered potato sandwiches, never even imagined one. The warm, creamy, oniony, spicy taste of that sandwich will stick with me for years.

For anyone who loves food, that excitement of tasting the unexpected and delicious is a moment to savor. It's part of why I love traveling. And it's one of the reasons readers to turn to this magazine, to find new ideas for what to eat and cook. In this travel-themed issue we bring you that joy of new tastes (as we always do), but also of new places as well.

The journey starts in Provence on a bike tour led by chef Seamus Mullen. Based on the photos and recipes (*page 86*) our senior food editor Carolyn Malcoun brought back, Provence just notched up on my list of where to go next. We also visit Mexico City with cookbook author Lesley Téllez. After moving there with her husband, she launched a street-food tour company. Téllez shares seven of her favorite dishes from around the city, where to get them if you go and how to make them at home (*page 88*). (By the way, did you know how easy it is to get to Mexico City? As I write this, I can get a direct flight that takes less than six hours and costs about $360. Seriously!)

The last stop of the issue lands us in Marin, about an hour's drive from San Francisco. The western half of this county, wedged between the mountains and coast, starts just north of the Golden Gate Bridge. But to look at the rolling hills, the pastureland, the oyster farms and all the other food grown right there, you'd have no clue that you were only a few miles from one of the most populous metro areas in the country. In this story we introduce you to some of the best food producers and culinary stops in the area. Plus we take a look at Marin Agricultural Land Trust (MALT), a nonprofit that has worked for over 35 years to ensure that this working landscape is protected from the creeping sprawl of the Bay Area.

I hope these stories will inspire some delicious travel for you in the coming months and get you into the kitchen. When I got home from Morocco I recreated that potato sandwich. I used the perfect bun and my best olive oil. It was even better than the original. I do love being on a trip, but I always look forward to getting back home and cooking with new inspiration.

The Pacific glitters as a backdrop for a drive through Point Reyes National Seashore. Twenty-four of the families who were grandfathered in when the park was created still farm the land.

MARC OLIVIER LE BLANC

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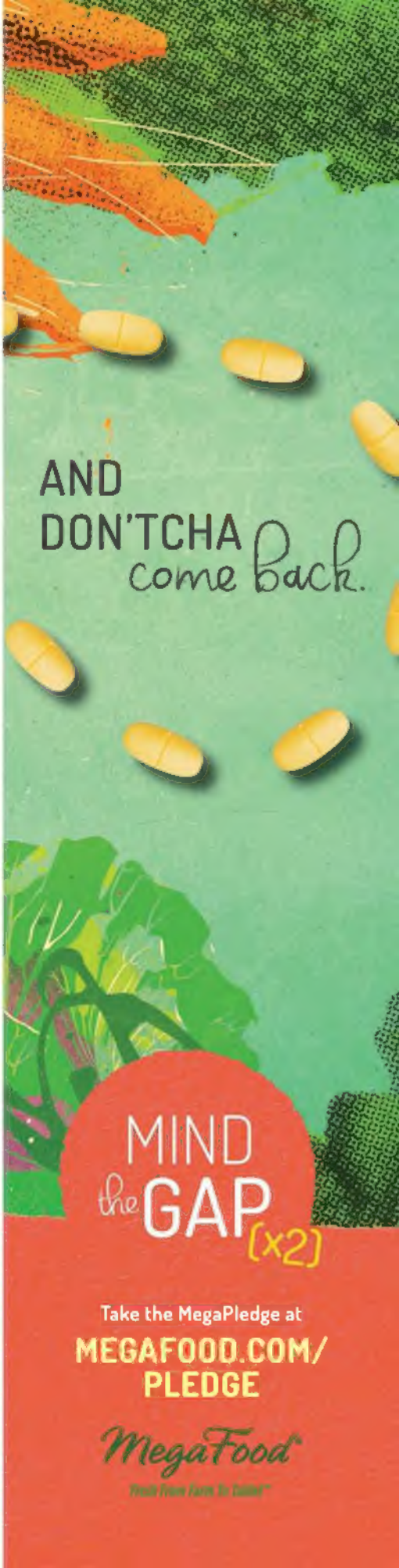

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FEEDBACK

I'm an environmental lawyer and professor at Vermont Law School. I like to cook and clip recipes from *EatingWell*, but rarely read the articles. To my surprise, I really enjoyed "Flying the Coop" [Jan/Feb 2017]—thoughtful, balanced, informative, easy to read. One of the very best treatments of the issues I've read.
MARC MIHALY, EAST CALAIS, VT

Thank you for explaining everything I wanted to know about the animal-welfare impact of my egg-buying dollars. I would love to see a similar article telling me the differences in animal welfare between the many types of ground red meat at the supermarket (cheapest, grass-fed, bison, etc.).
DOUG ANDERSON, LITTLETON, CO

EatingWell magazine always blows my mind with the most lovely, beautiful and delicious salad ideas.
@danacostantinoyoga

837

The number of farm destinations in the U.S. Farm Stay Association, up from 300 in 2010.
farmstayus.com
Want to stay on a farm for vacation? See "Farm Stays for Every Taste," p. 16.

TRANSFORMATIONS

Cooking to Lose

When Daniel Wolkow stepped onto a paddleboat during a family vacation in July of 2013, it started to sink. So the 40-year-old college professor waved his wife and 6-year-old daughter on without him. "As I watched my girls paddle away, all I could think about was what else I wouldn't be able to do with them as my daughter grew up," Daniel says. "Paddleboats today, horseback riding tomorrow?" At 6'2", 420 pounds, Daniel knew his weight would always get in the way. He decided to change that. Today, he's down to 230 pounds.

Daniel's weight-loss journey started with Weight Watchers online. That summer, the Philadelphia resident downloaded the Weight Watchers app to track everything he ate and began weighing himself each Friday. He started to see how much he was really eating. "I was a big eater," he says. "I could have two meals to everybody's one." He tweaked his WW diet to be lower in calories, plus he cut out added sugar, started drinking his coffee black and ate vegetables "constantly."

His family also went from eating out most nights to eating his home cooking, a newly discovered passion for Daniel. Around the same time he started logging his points, Daniel got hooked on Pinterest, bookmarking hundreds of healthy dinner recipes. Favorite sources include *EatingWell* and blogger Emily Bites. "I'm always looking for something new to make," Daniel says. "This week I made tom yum soup for the first time! Last night I made healthy chicken piccata; tonight I'm making salmon burritos."

Since he reached 230 pounds in 2015, portion control is still Daniel's biggest challenge. He continues to use the WW app as a food diary to stay accountable and weighs himself on Fridays.

What keeps him motivated? His family. "We went to Honduras in 2016 and went horseback riding. That's the first time I was under the weight requirements to be on a horse," he says. "All those little things keep happening. I'm keeping up my healthy choices, so I can do stuff with the people I love."
—Lucy M. Casale

CLOCKWISE FROM TOP: FENSKEY/ADOBESTOCK; ANDEISPHOTO/ADOBESTOCK; COURTESY DANIEL WOLKOW; 844023201/ADOBESTOCK

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What dish would you travel for and Where would you go to get it?

"Louisiana crawdads!"
-Tennie Butler

"Lemon meringue pie from Homemade Ice Cream and Pie Kitchen, Louisville, KY."
-Dorothy Holloway

"Suya, jollof rice and groundnut or egusi stew in Lagos, Nigeria. So, so good!"
-Lisa Kearley

"Spaghetti and meatballs in Florence, Italy."
-Debbie Lee

"Paris for foie gras, French onion soup, a duck escarole salad, bone marrow and a perfect roast chicken."
-Jackie Specht

"Paella in Madrid."
-Katherine Shawver

"I would travel happily to Greece for authentic Souvlaki with tzatziki and spanakopita oh my...you can also add on some baklava!"
@tixxgirl

"Philly cheesesteak in Philadelphia!"
-Lisa Corbett

"I would go to Puerto Rico to have mofongo with roasted pork. It's savory and delicious."
-Jacquie Smiley

"To Slovakia for their best bryndza (sheep cheese) dishes or to the Czech Republic for some svíčková (beef dish)."
-Jana Fink

"Limoncello from the hills of Italy. Or better, puri from the streets of India. Food travels with you and the memories stay forever."
-Cathy Wildschuetz

"I would travel to Bangkok just to have vegan Khao Soi and pomelo salad at amazing #KhunChurn."
@missKristak

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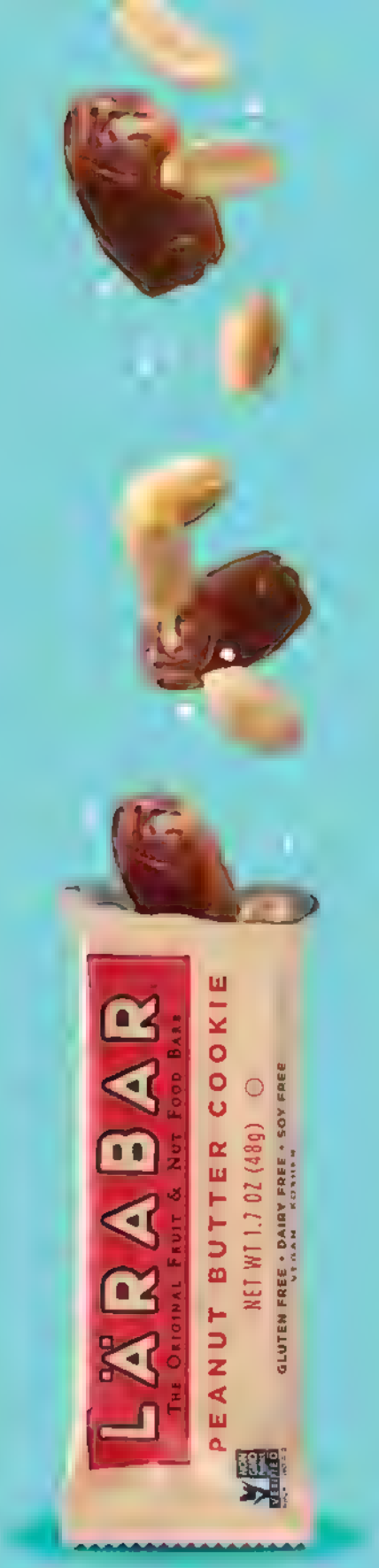
IT'S COMFORT FOOD.
YOU CAN TAKE COMFORT
IN THE FACT IT'S REAL FOOD



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fresh

Try these 750-calorie on-the-go lunches

AU BON PAIN
Two-Tomato Caprese Sandwich + Chicken & Vegetable Stew (small)

LYFE KITCHEN
BBQ Chicken Flatbread + Roasted Brussels & Squash

PANERA BREAD
Steak & Arugula Sandwich (half) + Modern Greek Salad with Quinoa (whole)

STARBUCKS
Hearty Veggie & Brown Rice Salad Bowl + strawberry Greek yogurt parfait + fruit cup

Power Lunch

Eating your biggest meal of the day at lunch instead of at dinner may help you stick to your diet. Researchers of a study published in the *American Journal of Clinical Nutrition* put 80 overweight women on a diet and instructed them to eat their daily calories midday and have a small meal with 20 percent of their daily calories at dinner. After 12 weeks, the women who got more calories at lunch lost 3 more pounds, on average, than those who had small lunches and big dinners. The researchers found that eating your main meal at lunch can help prevent overeating later in the day, making it easier to stay on track with your overall diet. A 500-calorie lunch helps most people lose weight. To get the 250 calories at lunch, load up on lean protein and cheese sandwiches (like this one from Pret A Manger) with veggies and enjoy 1¼ ounces of almonds. —*Sara Haas*

ANDREW SCRIVANI, STYLING: SOO-JEONG KANG

TRY IT FOR A DAY Get a 7-day "Big Lunch, Small Dinner" meal plan at eatingwell.com/webextra

Weeding for Dinner

Even if you don't have a vegetable garden, you can still harvest food from your backyard. Ellen Zachos, foraging expert, cook and author of *Backyard Foraging,* offers these tasty weeds and ornamental plants to try.

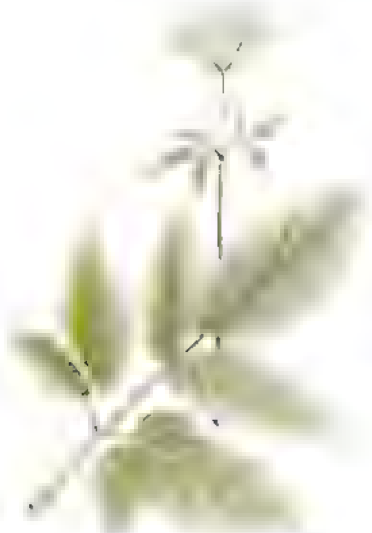
JUNEBERRY (*Amelanchier* species) **ID:** Junebernes (aka serviceberries) are large shrubs with oval leaves and white flowers in early spring. Berries have a five-pointed crown and ripen from red to purple/blue. (All North American berries with five-pointed crowns are safe to eat.) **TASTE:** Like blueberries and strawberries, with a hint of almond. **EAT:** Eat juneberries fresh or use them in pies, muffins, smoothies or sorbets.

Foraging is only fun when it's safe. Never eat anything if you're not totally sure of its identity. New to foraging? Take a class first.

SPRUCE TIPS (*Picea* species) **ID:** This evergreen has stiff, four-sided needles. If you can roll the needle between your fingers, it's a spruce. (If it's flat, it's fir.) Pick the lighter green soft tips as they emerge from their brown, papery sheaths in mid-spring. **TASTE:** Lemon. (Mature needles are tough and taste like tree resin.) **EAT:** Grind with salt for seasoning vegetables.

WILD GARLIC (*Allium vineale*) **ID:** Similar to chives, wild garlic has hollow, round, dark green stems (up to 18 inches tall). Dig up the bulbs in early spring or late fall. **TASTE:** A cross between onions and garlic. **EAT:** Use it as you would regular garlic.

BAMBOO SHOOTS (*Phyllostachys* species) **ID:** Watch for lumps on the ground surrounding a bamboo patch. (Shoots can grow up to 6 inches a day.) Cut 6- to 12-inch shoots at ground level. Harvest them all to keep the patch from expanding. **TASTE:** Mildly sweet, almost like corn. **EAT:** Some bamboo is unsafe to eat raw, so boil it first. Cut off and discard the shoot's tip. Score the skin with a knife. Boil until tender, 10 to 30 minutes. Once cool, peel away the outer layers with your fingers until you reach the smooth core. Slice onto rice dishes.



BISHOP'S WEED (*Aegopodium podagraria*) **ID:** This perennial ground cover has compound leaves, either variegated (*shown*) or solid green. **TASTE:** The variegated variety has a mild, vegetal flavor; solid-green leaves have notes of celery. **EAT:** Discard the stems and sauté the leaves with stronger greens (like dandelion leaves), then bake in a quiche or phyllo pastry.

MELISSA GARDEN

BACKYARD SALADS Learn how to ID dandelion greens and get tasty recipes at eatingwell.com/webextra

I won't chase the ball into the street.
If it loves me, it'll come back on its own.
Good choice, kid.
halos
pure goodness

Farm Stays for Every Taste

CAMERA, CHECK. SUNSCREEN, CHECK. PITCHFORK? YOU BET! AGRITOURISM OFFERS REAL-LIFE FARM EXPERIENCES AT RUSTIC FARMHOUSES, RANCHES ON THE RANGE AND VINEYARD GETAWAYS. BY LUCY M. CASALE

FOR WANNA-BE COWGIRLS

Saddle up! Eric and Jean Schwennesen promise authentic (plus sustainable and humane) cattle-ranching on their 11,000-acre Cold Creek Ranch, in Clifton, AZ. Join the family as they rope and move cattle, and feed, ride and shoe horses. Log cabin accommodations are off-grid and solar-powered, so after a hard day's work you can eat your fill of their grass-fed beef in unplugged peace. *coldcreekranch.org*

FOR FARMERS-IN-TRAINING

See the operation behind the farmers' market stand. Laura Olsen and Mari Omland grow organic vegetables and raise pastured poultry, pigs and goats on their 40-acre Green Mountain Girls Farm in Northfield, VT. Collect eggs, feed sows Ramona Quimby and Amelia Bedelia and harvest fresh veggies. At day's end, retreat to the rustic barn guesthouse or farmhouse inn. *eatstayfarm.com*

FOR WINE CONNOISSEURS

Oenophiles, immerse yourself in all things wine at the three-day Virginia Wine Camp, hosted by The Inn at Vineyards Crossing in Hume, VA. The vineyard encircled B&B is a converted historic tavern, built in 1787. Take classes at some of the 20 wineries in the surrounding 12-mile radius, covering vineyard management, winemaking techniques and wine-and-food pairing. *vineyardscrossing.com*

FOR PET LOVERS

Annually, 30,000 animal lovers visit Best Friends Animal Sanctuary in Kanab, UT, the largest no-kill animal shelter in the U.S. While it's not technically a farm stay, volunteering here is a chance to care for 1,600 animals—not just cats and dogs, but also pigs, horses, parrots, bunnies and more. Consider inviting a cat or dog to a sleepover. Stay on-site or at animal-friendly participating hotels. You may even find your next best friend. *bestfriends.org*

ON THE RANGE Sarah Alexandra George, pictured, travel blogger (*sarahalexandrageorge.com*), rides among the prickly pears at Cold Creek Ranch. One of the highlights of her trip, she says, "Jean is hands down the best ranch chef around."

SARAHALEXANDRAGEORGE.COM INSET: BEST FRIENDS ANIMAL SOCIETY

"My boy has food sensitivities so I started feeding him BLUE Basics. Now he's happy and I'm even happier."

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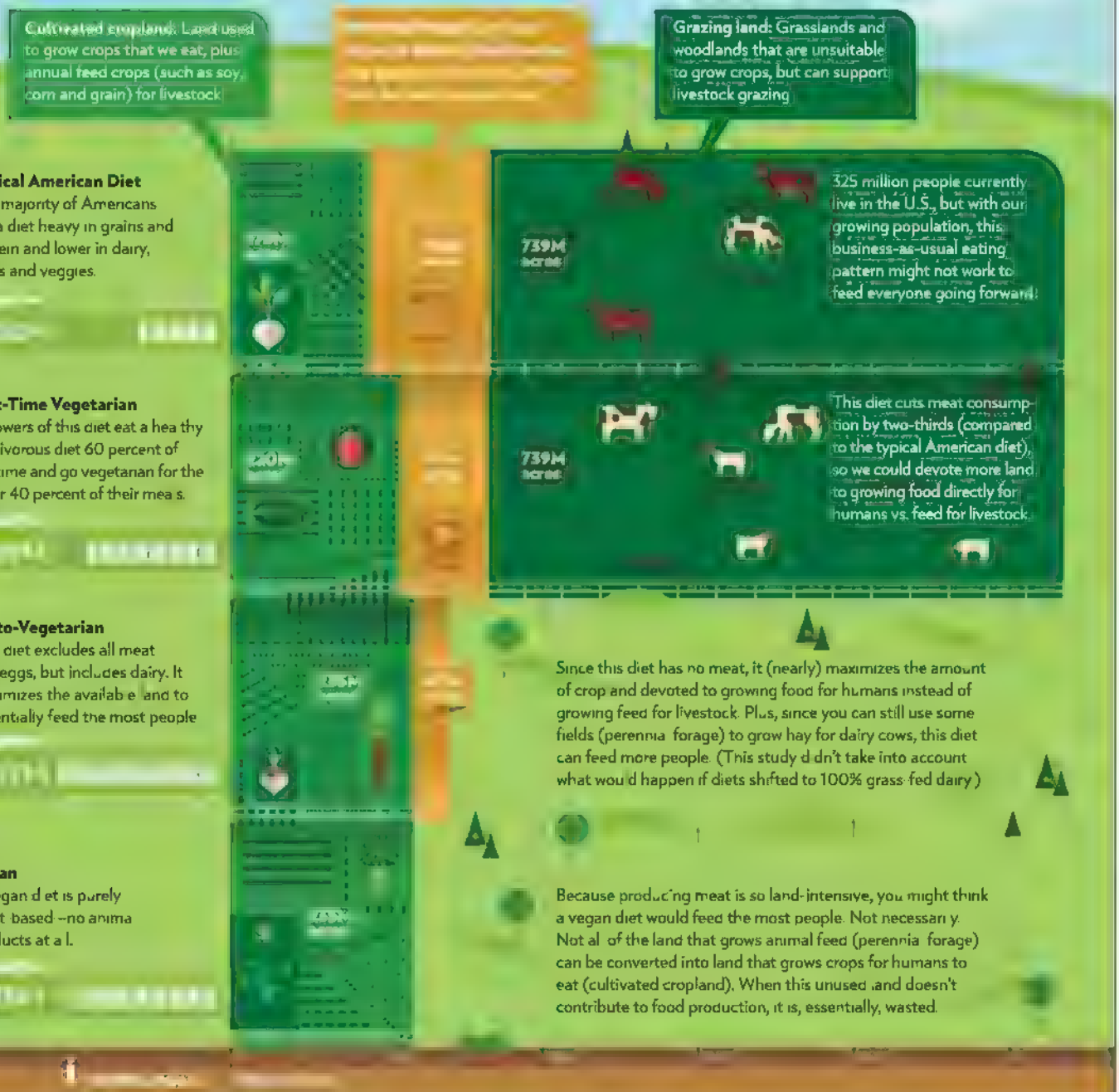
Feeding the Future

With the U.S. population expected to hit nearly 400 million by 2050, do we have the farmland it would take to feed everyone? A collection of researchers took a closer look at this essential question. They examined the 1 billion acres (about 10 times the size of California) we currently farm in the U.S. and developed scenarios with different eating patterns. Turns out, what we eat has a big impact on how many people we can feed. Find out how much land your diet uses. —*Julia Westbrook*


Cultivated cropland: Land used to grow crops that we eat, plus annual feed crops (such as soy, corn and grain) for livestock
Grazing land: Grasslands and woodlands that are unsuitable to grow crops, but can support livestock grazing
Typical American Diet
The majority of Americans eat a diet heavy in grains and protein and lower in dairy, fruits and veggies.
739M acres
325 million people currently live in the U.S., but with our growing population, this business-as-usual eating pattern might not work to feed everyone going forward.
Part-Time Vegetarian
Folowers of this diet eat a healthy omnivorous diet 60 percent of the time and go vegetarian for the other 40 percent of their meals.
739M acres
This diet cuts meat consumption by two-thirds (compared to the typical American diet), so we could devote more land to growing food directly for humans vs. feed for livestock.
Lacto-Vegetarian
This diet excludes all meat and eggs, but includes dairy. It maximizes the available land to potentially feed the most people
Since this diet has no meat, it (nearly) maximizes the amount of crop and devoted to growing food for humans instead of growing feed for livestock. Plus, since you can still use some fields (perennial forage) to grow hay for dairy cows, this diet can feed more people. (This study didn't take into account what would happen if diets shifted to 100% grass-fed dairy.)
Vegan
A vegan diet is purely plant-based—no animal products at all.
Because producing meat is so land-intensive, you might think a vegan diet would feed the most people. Not necessarily. Not all of the land that grows animal feed (perennial forage) can be converted into land that grows crops for humans to eat (cultivated cropland). When this unused land doesn't contribute to food production, it is, essentially, wasted.

BETTER PROTEIN PICKS Check out these satisfying sustainable-protein recipes at eatingwell.com/webextra

THEMENDINGSOURCE ELEMENTS ULY 20 6

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Sodium Shake Up

New rese saltshaker. By Jordan Rosenfeld

The Dietary Guidelines say that Americans should cap their sodium intake at 2,300 mg (about 1 teaspoon of salt) per day. But this may be too low, suggests a new study. Drawing on data from 130,000 people in 49 countries, researchers found that sodium intake below 3,000 mg per day (or 1 teaspoons of salt) was associated with increased risk of stroke, heart attack or cardiovascular disease regardless of whether a person had high or healthy blood pressure.

"Your body needs sodium or you'd die," says Andrew Mente, Ph D., of McMaster University in Ontario, Canada, and lead study author. Because the mineral is key for many biological processes (it controls blood pressure and keeps nerves working properly), your body has built-in countermeasures to prevent your sodium level from dipping too low. When you get too little, your body releases hormones to conserve the sodium you do have. But these hormones promote inflammation in your arteries and other organs, which may account for Mente's findings.

Researchers found that daily salt intake **below 1⅓ teaspoons** was associated with increased risk of stroke, heart attack or cardiovascular disease.

This research echoes the findings of a 2014 scientific review published in the *American Journal of Hypertension*. That study found that daily sodium intake below 2,645 mg or above 4,954 mg was associated with an increased risk of mortality, regardless of other health conditions. Those researchers pointed out that most people put on low-sodium diets have higher starting blood pressure than the average person, so the beneficial effects of salt reduction on blood pressure may be overestimated.

That said, most of us aren't at risk for going too low. The average American consumes more than 3,400 mg of sodium each day. And getting over 5,000 mg of sodium (a little over 2 teaspoons) daily *is* associated with high blood pressure.

Even still, Mente hopes his study will help shift guidelines away from being so restrictive. However, Linda Van Horn, Ph.D., R.D., of Northwestern's Feinberg School of Medicine, doesn't see a need to change the guidelines: "There are so few people in the U.S. who consume less than 2,300 mg sodium per day that concerns about inadequate intake are generally nonexistent."

While researchers continue to debate the ideal sodium range, most agree with this tip: watch where it comes from. Most sodium in the American diet comes from processed foods, such as bread, cold cuts and pizza.

Who Should Watch the Salt?

Even researchers who say that you can get too little sodium recognize the dangers of overdoing it and caution that certain populations are at greater risk for health complications from too *much* sodium. People with the following conditions or in these groups should keep an eye on their sodium intake:

- **High blood pressure**
- **Kidney disease**
- **Diabetes**
- **History of heart attack, stroke or cardiovascular disease**
- **African-Americans, who are uniquely genetically predisposed to sodium sensitivity**
- **People over the age of 50**

However, Mente recommends that people in these groups cap sodium between 3,000 and 4,000 mg/day (1⅓ to 1¾ tsp. of salt) while the American Heart Association is more restrictive, saying the ideal sodium limit is 1,500 mg (a little over ½ tsp. of salt). If you fall into any of these categories, talk to your doctor about how much sodium you should be getting.

NYC SHOOTER/GETTY IMAGES

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FamilyCircle MOVE TO IMPROVE

"Can I eat to beat jet lag?"

Jet-setting across two or more time zones can throw your body's internal clock, or circadian rhythm, out of whack. Hello, jet lag! Expect symptoms like fatigue, trouble concentrating, insomnia and moodiness.

You can prevent jet lag from worsening by staying hydrated en route. Airplane-cabin humidity hovers under 20 percent (lower than the typical 30 to 60 percent in your house), so you lose water faster.

Melatonin (a hormone that signals your body when to sleep) is a popular remedy—and an effective one. Once you arrive, taking a 0.5 to 5 mg supplement at your destination's bedtime has been shown to lessen those time-travel symptoms. Melatonin is in foods like tart cherries, oats and bananas, but in tiny amounts. You'd need to eat 1,600 cups of tart cherries or nearly 60,000 bananas to get an effective dose. And no research shows eating melatonin-rich foods quells jet lag.

But *when* you eat can prevent you from missing a beat. Because mealtimes are in sync with our circadian rhythm, fasting can trick your body into adjusting. Emerging research suggests fasting for around 12 hours may switch your internal clock from its origin time to your new time zone. Time your fast so you break it with breakfast in the new time zone.

For the frequent flyer (or if your trip is short), planning ahead to keep your meal times on a regular schedule (e.g., your home schedule) instead can help, says a January 2017 *Psychology & Health* study of flight-crew members.

BOTTOM LINE:
Stay hydrated and be mindful of when—not what—you eat.

BRIERLEY WRIGHT, M.S., R.D.
NUTRITION EDITOR / @BRIERLEYWRIGHT

ASKUS@EATINGWELL.COM

M. MAGER/PHOTOGRAPH: GETTY IMAGES; INSETS, ALL: ADOBESTOCK; ANUTARAY SQUARE LOGO: N. ARTONG/ BUTTAC MP

YOU HEARD WHAT?

The Truth Meter

TRUE — FALSE

TAKE PROBIOTICS WITH ANTIBIOTICS

Antibiotics kill off the bad *and* good bacteria, often causing diarrhea or nausea. But taking probiotics (*Lactobacillus*) can reduce these side effects. Rule of thumb: take them an hour apart, but consult your doc.

GRASS-FED BEEF IS BETTER FOR YOU

Compared to grain-fed, grass-fed beef can have more omega-3s, vitamin E and beta carotene, plus lower levels of cholesterol-raising fats. But whether making the swap impacts your health is doubtful.

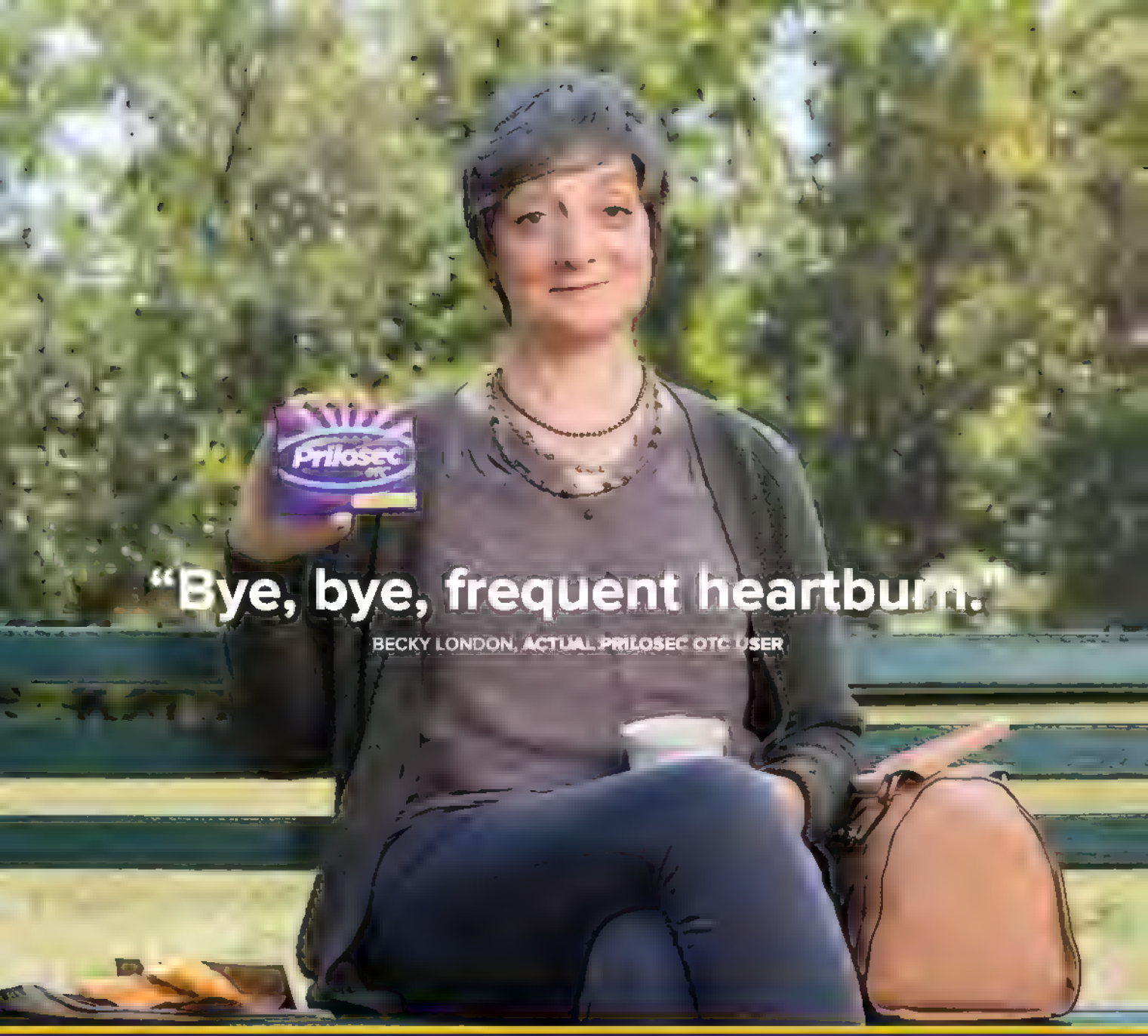
BONE BROTH ERASES WRINKLES

Collagen—the same protein found in skin that keeps it firm—is also in bone broth. But the evidence that ingesting collagen fights wrinkles comes from questionable research conducted with supplements, not soup.

ALKALINE WATER BALANCES YOUR PH

Our bodies tightly regulate internal acid-base balance—it's imperative for survival. There's no indication that drinking water that is basic will change the pH of your bloodstream.

—Micaela Young



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Stress Be Gone

When things get harried, follow these strategies to feel more at ease. By Jessica Migala

GET ARTSY

Tap into your inner artist. About three-quarters of adult subjects who created art for 45 minutes (using materials like clay or markers) experienced a drop in cortisol, the hormone that increases when you're stressed, found Drexel University researchers. And you don't have to be Picasso to reap the benefits—it works at any skill level. So throw pots, paint with watercolors, craft or even doodle during your train commute.

LOG OFF

You might struggle to resist the ping of a new email, but you'll feel better letting it go unread for a bit. When workers checked email about five times a day, they had less daily stress compared to those with unlimited inbox access, according to a 2015 study out of the University of British Columbia. To avoid the temptation: "Keep your email box closed when possible and switch off email notifications," says study co-author Kostadin Kushlev, Ph.D.

ENJOY CHOCOLATE

No one has to tell us twice! Adults who sipped a chocolate drink containing 500 mg of polyphenols (antioxidants naturally abundant in chocolate) daily for a month felt calmer than those who drank cocoa with no polyphenols, found Australian researchers. The antioxidants may help regulate neurotransmitters that keep your mood on an even keel. Get this dose from about 1 ounce of dark chocolate (or make your own; recipe on page 92).

Why You Should Find Your Calm

Chronically simmering under the surface, stress can affect your body in some concerning ways. In a study of more than 5,000 people published in the journal *Obesity*, those who reported higher stress saw a greater **increase in their BMIs** over a five-year period compared to less stressed folks. Previous research shows that weight gain can be caused by inflammation, so the researchers posit that stress-induced inflammation may be to blame.

And the **inflammation** connection goes further. Healthy unsaturated fats (like those found in olive oil and avocados) are typically anti-inflammatory, while saturated fats (like those found in butter and meat) cause inflammation. But a new study published in *Molecular Psychiatry* suggests that stress may sabotage this perk. After women ate a high-saturated fat meal or a high-unsaturated-fat meal, the researchers measured levels of inflammation. Plus they measured how stressful the women's previous day had been. Stressed women eating a high-unsaturated fat meal experienced a rise in inflammation—as much as if they had eaten the high-saturated fat meal.

How you deal with stress also impacts your health. Penn State researchers found that people who experience more anger or sadness in reaction to stress have lower **heart rate variability**, meaning there is less difference in the time intervals between heart beats. This can indicate that the heart isn't good at responding to challenges, increasing heart disease risk. The good news: you can improve how you react to stress by cultivating supportive relationships.

STRESS-BUSTING FOODS Find more calming foods to help ease stress at eatingwell.com/webextra

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Hunger is tricky. Yes, you need to eat when your belly growls, but eat the wrong thing and your hunger returns with a vengeance. Add stress and lack of sleep and you amplify it even more. The good news: this beast can be tamed.

By Holly Pevzner

Illustrations by Serge Bloch

Hunger is your body's natural way of telling you that you need fuel. It's primitive. And the instinctual drive to satisfy your hunger is essential for survival. Unfortunately, somewhere between our cavelady days and the invention of the reduced-fat cookie, our ability to recognize—and successfully quell—our hunger has gone haywire. A big part of the problem? Hormones—namely insulin, leptin and ghrelin. "They're a central component of how hungry we feel," says David Ludwig, M.D., Ph.D., a professor of nutrition at Harvard's T.H. Chan School of Public Health and author of *Always Hungry?*

The foods we eat (and don't eat) have an overwhelming say in how hungry we feel. "Processed carbohydrates are the worst," says Ludwig. When you eat something like a plain bagel with fat-free cream cheese, it gets rapidly digested, causing blood glucose levels to surge. It offers you a swift kick of a.m. energy, fueling your muscles and brain all while satisfying your hunger—but only temporarily. At the same time, an unpleasant hormonal subplot unfolds. The processed carbs and nonfat cream cheese (both of which are low in fat and protein) cause your blood sugar to rise quickly and so your body pumps out high levels of the hormone insulin, which signals your cells to suck up all the calories and glucose entering the bloodstream to control the sugar influx. As insulin hustles to bring your blood sugar back to "normal" levels, it overshoots and your blood sugar dips below normal. Your brain notices that there are now too few calories in the bloodstream and sends a signal that you need more fuel. Unfortunately, the brain has a blind spot when it comes to knowing what's stored in your fat cells. It can't tell that you've already got plenty of calories stowed there. And so the classic surge-and-crash begins, sending your hunger into overdrive for the entire day, Ludwig explains.

In fact, if you opt for that bagel-and-nonfat-cream-cheese breakfast, your hunger will return about two times faster

than if you ate something with a balance of slowly digested carbs, fat and protein, such as half a whole-grain bagel topped with full-fat cream cheese, smoked salmon, onion and tomato. "Both bagel options are around the same number of calories, but the latter contains fiber, protein and fat," says Ludwig. "These digest slowly, causing a gentler rise in blood sugar, keeping the release of insulin slower and subsequent hunger in check." That whole-grain carb also kicks sensitivity to leptin, the "I'm full" hormone, into high gear. And the protein from the salmon lowers levels of the "I'm hungry" hormone, ghrelin.

Read on for more on how to rein in your hunger and regain control.

How Hungry Are You Really?

NEXT TIME YOU'RE THINKING ABOUT EATING, PAUSE AND USE THIS GUIDE TO FIGURE OUT IF YOU'RE ACTUALLY HUNGRY.

Hunger only drives about three-quarters of the food choices we make. Habit, mood, stress levels and whether we're socializing influence the rest, says Ellen Albertson, Ph.D., R.D., a psychologist and founder of *smashyourscale.com*. While the occasional, "I'm not hungry, but I'd love dessert" rationalization is OK (and expected), understanding hunger cues keeps mindless eating in check. In fact, the ability to recognize real hunger is one of the biggest hallmarks of naturally slender people (those who remain at a healthy weight without dieting), says 2015 research from the Cornell Food and Brand Lab.

STARVING & RAVENOUS?

At this point, you likely have a headache or feel shaky and light-headed. Try to avoid this heightened hunger. "When you put off eating until you're famished, you're more likely to eat anything and everything you can get your hands on—and do so quickly—which primes you to overeat," says Michelle May, M.D., founder of Am I Hungry? Mindful Eating Programs. "But you don't need more food than usual," May says. To avoid overeating, take a few bites of something that takes the edge off, then pause. "This gives you time to think about what—and how much—to eat. And you avoid quickly going from starving to stuffed."

NOTICEABLY HUNGRY?

Right now, the physical symptoms of hunger, like hunger pangs, growling or a hollow feeling in your gut are in full effect. Your concentration and mood might also be going south. This is the ideal time to eat. "You're less likely to overeat and food tastes better when you're at this level of hunger [than if you're ravenous]," says May. "If your urge to eat came out of nowhere, it may simply be a craving. True hunger tends to come on gradually, whereas a craving hits suddenly." Also: If you're not sure if you're really hungry, wait a little while. Hunger won't go away until you eat.

SLIGHTLY HUNGRY?

When you're kind of hungry, the muscular walls of your stomach start to contract, perhaps causing a rumble. No need to run to the closest buffet: it's simply a sign that you should start planning to eat soonish. Before you eat, drink some water. "People often confuse hunger with dehydration, so have a large glass of water, wait 15 minutes, then see if you are truly hungry," says Brian Wansink, Ph.D., author of *Slim by Design*.

"But there are times when you'll want to eat now, like when you want to have dinner with the family," says May. "Just keep in mind that if you're only a little bit hungry, you need only a little bit of food."

NOT HUNGRY OR FULL?

If you're comfortable and content, why are you reaching for food? Do a quick self check-in. Are you mindlessly following a script—for example, eating lunch at noon because that's when you usually do? "People who follow scripts are less likely to tune into internal hunger cues," says Wansink. If that's the case, recognize that you want to eat, but you're not hungry. "Don't say 'I can't have it.' Instead, acknowledge that you're not actually hungry." Wansink likes to say "I'm not hungry, but I'm going to eat this anyway" out loud. "You may get some looks. I have! But it forces you to think twice and that may be enough for you to pass it by."

PRETTY FULL?

You can feel the food in your stomach—but it's not like a balloon ready to burst. This is the best time to stop eating. To tune into your internal stop-eating cues, pause periodically throughout your meal to check your fullness. "Put your fork down, drink some water and really feel your stomach," says May. "If you comfortably sense the food in your belly, stop. You can always eat more, later, if you need to." (To help you avoid overeating, use smaller plates so even if you're a clean-plate-club-style eater, your portions will naturally be smaller.)

OVER-STUFFED?

Are you super-focused on how uncomfortable your belly is right now, and how stretched it feels? Feeling sluggish? Sorry to say, you ate too much. Move away from the table! If you regularly overshoot and eat to this overfull state, try to slow down, chew your food thoroughly and put your fork down between bites, says May. Serve yourself smaller portions and do it from the stove—not family-style. Getting up for helping number two forces you to tune into your fullness.

PHOTOGRAPH: CLARE BARBOZA STYLING: STACY FRASER

Hunger Busters vs. Hunger Igniters

When it comes to foods that really satisfy, it's OK to play favorites. Here, Ellen Albertson, Ph.D., R.D., serves up the best & worst foods to satisfy your hunger.

✓ **FIBER** Beans, pears, whole-wheat pasta, oats and other fiber-rich eats provide bulk and slow digestion, which keeps you feeling fuller, longer

✗ **REFINED CARBS** White bread, white rice, white pasta and packaged goods that have had all their whole-grain goodness extracted during processing are metabolized quickly, spiking your insulin levels and causing you to be hungrier, sooner

✗ **SUGAR** Sugar not only drives the insulin crash-and-burn, but it may also promote leptin resistance. Leptin is the "I'm full" hormone, so leptin resistance spurs hunger and food cravings

✓ **PROTEIN** Eating about 25 grams of protein at a meal will help balance out the hunger-stoking effects of carbohydrates. Examples include 3 ounces chicken breast, 1 cup cottage cheese, 6 ounces Greek yogurt with an ounce of chopped almonds, 5 ounces canned tuna.

✓ **HEALTHY FATS** An easy way to prevent the insulin boom-and-bust at a meal is to add some healthy unsaturated fats. Only fish, nuts, seeds and avocados are slower to metabolize, helping us feel full longer

✓ **BROTH-BASED SOUP** Brothy soups and other foods high in water, such as fruits and some veggies (cucumber, celery, cabbage, tomato, etc.), bump up the food volume in your stomach so you feel full faster. (For a double dose of satiety, add fiber-rich beans to your soup.)

✓ **FULL-FAT DAIRY** The higher fat content in whole-milk products can make you feel fuller faster. Even though they're higher in calories than their lower-fat counterparts, you'll probably eat less.

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EASY HEALTHY RECIPES

nosh

Lighten Up

Signs of spring are everywhere! Days are getting longer, and maybe warmer, if you're lucky. Locally grown vegetables—just-dug potatoes, spring onions and greens—are making an appearance in the produce section and the farmers' market. Snap them up to make quick weeknight dinners like this meal-in-a-bowl version of salmon poke with peppery arugula or roast chicken and vegetables (*page 44*).

Go Raw with Poke

Martha Cheng loves poke, Hawaii's quintessential raw fish salad, so much, she came up with 45 ways to make it for *The Poke Cookbook: The Freshest Way to Eat Fish* (Clarkson Potter, 2017). Here's her recipe for a salmon and brown rice poke bowl, plus three ways to change it up.

Salmon & Avocado Poke Bowl

ACTIVE: 20 min **TOTAL:** 20 min

Poke (pronounced poh-kay) is so ubiquitous in Hawaii that it's sold by the pound in supermarkets. Now it has crossed the Pacific to become the meal-in-a-bowl du jour, served in eateries from Los Angeles to New York. But it's easy to make at home. Sriracha and Chinese-style mustard add a touch of heat to the classic poke seasoning of soy sauce and sesame oil. Serving it over a brown rice salad makes it a meal.

POKE

- 1 pound previously frozen wild salmon, skinned and cut into ¾-inch cubes
- 1 medium ripe avocado, diced
- ½ cup thinly sliced yellow onion
- ½ cup thinly sliced scallion greens
- ½ cup chopped fresh cilantro
- ¼ cup tobiko (flying fish roe) *or* other caviar
- 3 tablespoons reduced-sodium tamari
- 2 teaspoons toasted (dark) sesame oil
- ½ teaspoon Sriracha

BROWN RICE SALAD

- 2 cups cooked short-grain brown rice, warmed
- 2 cups packed spicy greens, such as arugula, watercress *or* mizuna
- 2 tablespoons rice vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon Chinese-style *or* Dijon mustard

1. Gently combine salmon, avocado, onion, scallion greens, cilantro, tobiko (or caviar), tamari, sesame oil and Sriracha in a medium bowl.

2. Combine rice and greens in a large bowl. Whisk vinegar, oil and mustard in a small bowl. Add to the rice salad and mix well. Serve the poke on the rice salad.

SERVES 4: about 1¾ cups each

CAL 442 / **FAT** 22G (SAT 3G) / **CHOL** 88MG / **CARBS** 34G / **TOTAL SUGARS** 4G (ADDED 2G) / **PROTEIN** 30G / **FIBER** 7G / **SODIUM** 792MG / **POTASSIUM** 828MG.

Raw fish not your thing? Swap cooked shrimp or firm tofu for the salmon

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Smoked Trout & Spinach Scrambled Eggs

ACTIVE: 15 min **TOTAL:** 15 min

Elevate plain-Jane scrambled eggs with smoked trout and fresh spinach.

- 4 large eggs
- 2 tablespoons reduced-fat milk
- ¼ teaspoon ground pepper
- Pinch of salt
- 2 teaspoons grapeseed oil *or* avocado oil
- 2 tablespoons finely chopped shallot
- ½ cup boned and flaked smoked trout (1½ ounces)
- 1 cup chopped spinach

1. Whisk eggs, milk, pepper and salt in a medium bowl until pale yellow throughout. **2.** Heat oil in a medium nonstick skillet over medium heat. Add shallot and cook, stirring, until starting to brown, 1 to 2 minutes. Add the egg mixture and reduce heat to medium-low. Cook, undisturbed, until the edges start to set, about 30 seconds. Sprinkle trout over the eggs. Using a rubber spatula, gently push and fold the eggs until fluffy and barely set, 2 to 4 minutes. Stir in spinach. Remove from heat, cover and let stand until the spinach is just wilted, 1 to 2 minutes.

SERVES 2: about ¾ cup each

CAL 243 / **FAT** 17G (SAT 4G) / **CHOL** 379MG / **CARBS** 4G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 19G / **FIBER** 0G / **SODIUM** 455MG / **POTASSIUM** 280MG.

BLAINE MOATS, STYLING; SUE HOSS (FOOD) SLEE MITCHELL (PROPS)

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Leafy green vegetables boast natural nitrates, which your body uses to help relax blood vessels and keep blood pressure in check.

Lentil & Roasted Vegetable Salad with Green Goddess Dressing

ACTIVE: 30 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate cooked lentils (Step 3) and dressing (Step 4) separately for up to 3 days. Bring to room temperature before tossing with greens.

Goddess dressing typically gets its umami-ness from anchovies, but we use miso here to keep this satisfying salad vegetarian. Substitute 2 chopped anchovies for the miso if you like.

- 4 cups broccoli florets (about 8 ounces)
- 2 cups trimmed and halved green beans (about 6 ounces)
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2½ cups water
- ¾ cup French green lentils
- ½ cup chopped fresh herbs, such as parsley, tarragon and chives
- ⅓ cup mayonnaise
- ¼ cup buttermilk
- 1 tablespoon lemon juice
- 1½ teaspoons white miso
- 1 small clove garlic, quartered
- 8 cups torn escarole or green leaf lettuce
- 2 cups thinly sliced kale

1. Preheat oven to 400°F.

2. Toss broccoli and green beans with oil and ¼ teaspoon each salt and pepper on a large rimmed baking sheet. Roast, stirring once, until tender, about 20 minutes.

3. Meanwhile, bring water and lentils to a boil in a medium saucepan over high heat. Reduce heat to a simmer, cover and cook until tender, about 25 minutes. Rinse and drain well.

4. Combine herbs, mayonnaise, buttermilk, lemon juice, miso, garlic and the remaining ¼ teaspoon each salt and pepper in a food processor or blender. Process until smooth.

5. Gently toss escarole (or lettuce) and kale with the roasted vegetables and lentils in a large bowl. Serve with the dressing.

SERVES 4: about 2½ cups each

CAL 318 **FAT** 18G (5AT 3G) **CHOL** 8MG **CARBS** 28G / **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 12G / **FIBER** 10G **SODIUM** 559MG **POTASSIUM** 765MG

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milk life

One-Pot Pastas

Sure, there are times when you want to make a slow-simmered Bolognese. But when you're in a rush, try this genius one-pot concept. Combine your raw ingredients—pasta, protein, vegetables and seasonings—in the same pot and add just enough water to cook the pasta. The starch that usually cooks off into your pasta water stays in the pot and mingles with the seasonings to create a delectably creamy sauce. Here's how to do it.

SMOKY SHRIMP, CORN & PEA

1 lb. unpeeled raw deveined shrimp (21-25 count)
+
4 cups chopped spinach, 1 cup each corn, peas
+
2 Tbsp. tomato paste
+
1¾ tsp. smoked paprika, ¼ tsp. saffron
+
2 Tbsp. parsley

1 Prep your base.

Combine 8 oz. whole-wheat pasta, 1 chopped medium onion, 4 chopped garlic cloves and ¾ tsp. salt in a large pot. **Stick with whole-wheat pasta (any shape) and you'll get up to three times more fiber per serving than regular white pasta.**

2 Power up with protein.

Add 1 pound of protein, cut or crumbled into bite-size pieces. Boneless, skinless chicken thighs and ground beef or lamb are good choices. If you're using something salty like sausage or ham, stick with 8 ounces.

3 Load it with vegetables.

Add 6 to 8 cups of bite-size vegetables. A colorful mix gives you the widest variety of nutrients. Good ones to try: sliced Brussels sprouts or mushrooms, chopped greens, canned diced tomatoes, corn and peas.

BLAINE MOATS; STYLING: SUE HOSS (FOOD); SUE MITCHELL (PROPS

1 pound boneless, skinless chicken thighs
+
4 cups sliced mushrooms, 2 cups sliced Brussels sprouts
+
2 Tbsp. Boursin cheese
+
1¼ tsp. dried thyme, ¾ tsp. dried rosemary
+
2 Tbsp. chives

ITALIAN SAUSAGE & KALE

8 oz. Italian sausage
+
6 cups chopped kale, 14 oz. canned diced tomatoes
+
2 Tbsp. pesto
+
1½ tsp. Italian seasoning, ½ tsp. crushed red pepper
+
2 Tbsp. Parmesan cheese

LAMB & SPINACH

1 lb. ground lamb
+
6 cups chopped spinach, 14 oz. canned diced tomatoes
+
2 Tbsp. tahini
+
1 tsp. each ground cumin, dried oregano
+
2 Tbsp. feta cheese

4 Layer the flavor.

Add two types of seasoning—a flavor paste and dried herbs and spices. Shoot for 2 Tbsp. flavor paste (tahini, tomato paste, pesto or Boursin cheese) and 2 tsp. total of dried herbs/spices (cumin, Italian seasoning, oregano, crushed red pepper, smoked paprika, rosemary, saffron and/or thyme).

5 Cook it up.

Pour in 4 cups water. Bring to a boil over high heat. Boil, stirring often, until the pasta is cooked and the water has almost evaporated, 10 to 12 minutes. Let stand for 5 minutes, stirring occasionally, before serving. If desired, sprinkle with 2 Tbsp. chopped herbs or shredded or crumbled cheese. ■

Active: 35 min
Total: 40 min
Serves 5: about 1½ cups each
Nutrition info: page 106

WATCH & LEARN See how these one-pot pastas are made and get full recipes at eatingwell.com/webextra

Fiber Up

Thanks to 42 grams of fiber (that's 150% of your daily recommendation!), this 1,800-calorie meal plan staves off hunger and helps keep weight in check. By Sara Haas, R.D.N., L.D.N.

BREAKFAST / 431 CAL
11g FIBER
Bean & Bacon Breakfast Tacos
Cook ½ cup rinsed **cannellini beans** and 1 cup finely chopped **kale** in 1 tsp. **oil** until hot. Serve in 2 warm 5-inch **corn tortillas** with 1 Tbsp. shredded **Cheddar cheese** and 1 slice crumbled cooked **bacon.** Serve with 1 small **banana** and ½ cup **calcium-fortified orange juice.**

A.M. SNACK / 290 CAL
6g FIBER
Raspberry Yogurt Cereal Bowl
1 cup **nonfat plain yogurt,** ½ cup mini **shredded wheat cereal,** ¼ cup **raspberries,** 2 tsp. mini **chocolate chips,** 1 tsp. **pumpkin seeds** and ⅛ tsp. ground **cinnamon.**

LUNCH / 429 CAL
15g FIBER
West Coast Toast
Toss 1 cup **greens** with 1 tsp. each **vinegar** and **oil** and a pinch each of **salt** and **pepper.** Divide ¼ cup **hummus,** 2 tsp. unsalted **sunflower seeds,** ¼ cup **sprouts,** ¼ **avocado** and the greens between 2 slices toasted **sprouted whole-wheat bread.**

P.M. SNACK / 199 CAL
4g FIBER
Tropical Fruit & Nuts Snack
10 roasted unsalted **cashews,** ¼ cup **dried apricots** and 1 Tbsp. **unsweetened coconut.**

DINNER / 450 CAL / 6g FIBER

Beef Kofta with Bulgur & Kale Salad

ACTIVE: 40 min. **TOTAL:** 50 min.
TO MAKE AHEAD: Refrigerate bulgur (Step 1) for up to 3 days.

Whole grains take too long to cook, you say? Well, say hello to bulgur, which can be ready in less than 15 minutes.

- 2 cups water
- 1 cup bulgur
- 1 pound ground beef
- ½ cup finely chopped red onion plus ¼ cup slivered, divided
- 2 medium cloves garlic, grated
- 2 teaspoons ground cumin
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 4 cups packed chopped kale
- 1 cup halved cherry tomatoes
- 3 tablespoons crumbled feta cheese
- 2½ tablespoons extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- ½ teaspoon dried oregano

1. Bring water and bulgur to a boil in a medium saucepan. Cover, reduce heat to maintain a simmer and cook until tender, about 12 minutes. Drain any excess liquid. Spread on a rimmed baking sheet to cool for 10 minutes.
2. Position rack in upper third of oven. Preheat broiler to high.
3. Transfer 1 cup of the bulgur to a medium bowl. Add beef, chopped onion, garlic, cumin, ½ teaspoon salt and ¼ teaspoon pepper to the bowl; gently knead together until just combined. (Do not overmix.) With damp hands, form the mixture into 8 cigar-shaped patties, 4 inches long and 1½ inches thick. Transfer the remaining bulgur to a large bowl.
4. Coat the baking sheet with cooking spray and place the kofta patties on it. Broil, turning once, until an instant-read thermometer registers 160°F, 10 to 12 minutes total.
5. Meanwhile, add kale, tomatoes, feta, oil, vinegar, oregano, the slivered onion and the remaining ¼ teaspoon each salt and pepper to the bulgur; gently toss to combine. Serve with the kofta.

SERVES 4: 2 kofta & 1¼ cups salad each

CAL 450 / **FAT** 23G (SAT 7G) / **CHOL** 80MG / **CARBS** 33G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 30G / **FIBER** 6G / **SODIUM** 596MG / **POTASSIUM** 734MG.

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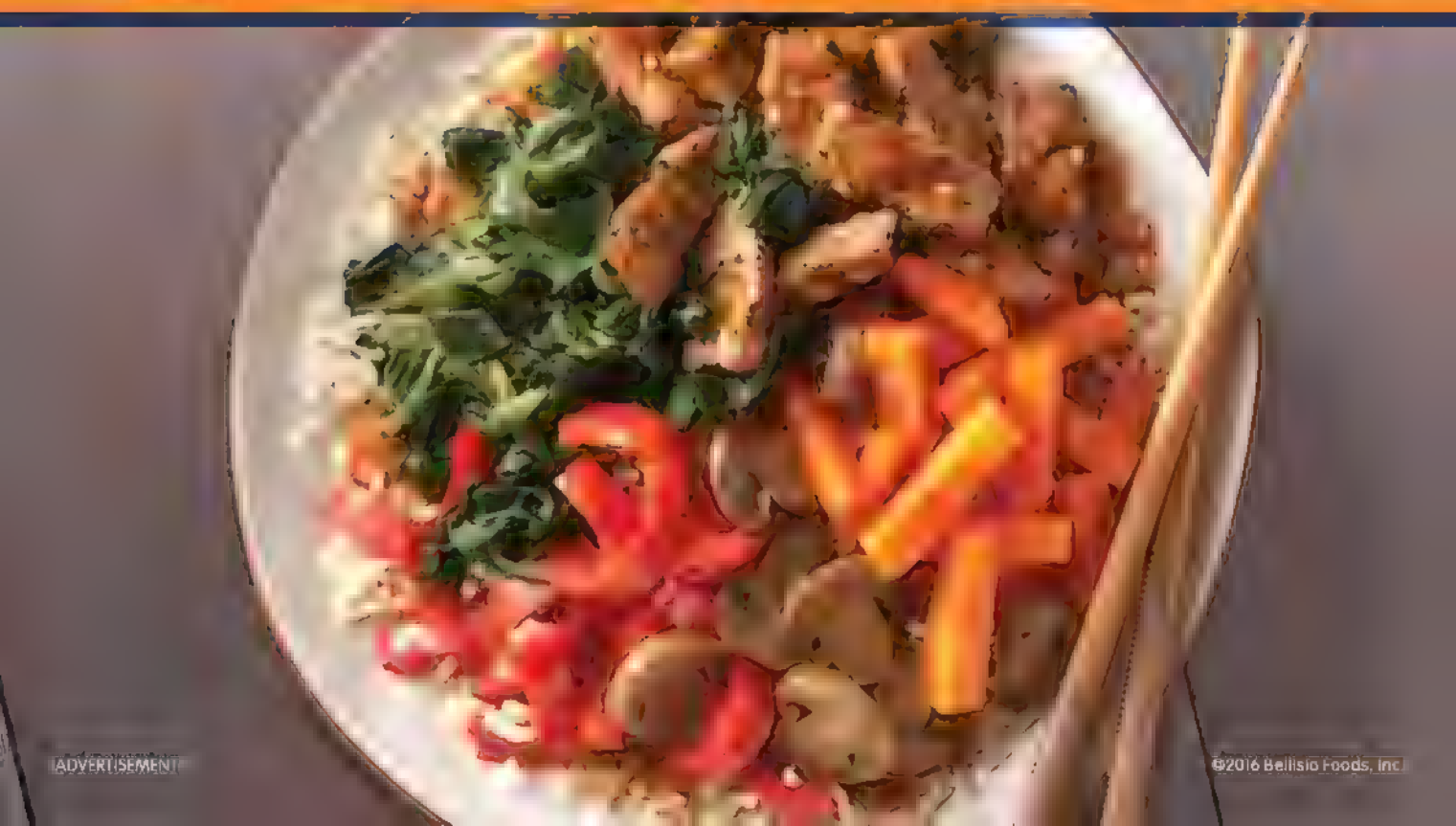

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FLAVOR SAVER
Whisk up a zingy vinaigrette to drizzle over basic roasted chicken and vegetables for a pop of flavor.

Roasted Chicken Thighs, Potatoes & Scallions with Herb Vinaigrette

ACTIVE: 15 min **TOTAL:** 30 min

Roasting chicken thighs directly on top of the vegetables bastes the scallions and potatoes with delicious drippings.

- 12 ounces new potatoes, quartered
- 2 bunches scallions, trimmed
- 4 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon ground pepper, divided
- ½ teaspoon salt, divided
- 4 large boneless, skinless chicken thighs (1-1¼ pounds), trimmed
- 2 tablespoons sherry vinegar
- 2 tablespoons chopped fresh herbs, such as dill, thyme *and/or* parsley
- 1 tablespoon whole-grain mustard
- 1 tablespoon finely chopped shallot

1. Preheat oven to 450°F

2. Toss potatoes and scallions with 4 teaspoons oil and ¼ teaspoon each pepper and salt in a large bowl. Spread evenly on a large rimmed baking sheet. Place chicken on top; drizzle with 2 teaspoons oil and sprinkle with ¼ teaspoon each pepper and salt. Roast until an instant-read thermometer inserted into the thickest part registers 165°F and the potatoes are tender, 18 to 20 minutes.

3. Meanwhile, whisk the remaining 2 tablespoons oil and ¼ teaspoon pepper with vinegar, herbs, mustard and shallot in a small bowl. Serve drizzled over the chicken and vegetables.

SERVES 4: 3 oz. chicken & ¾ cup vegetables each

CAL 353 / **FAT** 21G (SAT 4G) / **CHOL** 104MG / **CARBS** 18G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 22G / **FIBER** 3G / **SODIUM** 472MG / **POTASSIUM** 740MG.

WINNER WINNER
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THE RIGHT RYE
Most rye breads aren't made with whole grains so look for whole wheat flour or other whole grains listed first on the ingredient list. We like Pepperidge Farm's whole-grain Jewish rye

Collards & Portobello Grilled Cheese

ACTIVE: 30 min **TOTAL:** 30 min
EQUIPMENT: Panini maker

If you don't have Dijonnaise on hand, make your own by stirring 1 tablespoon Dijon mustard into 3 tablespoons mayonnaise.

- 4 tablespoons extra-virgin olive oil, divided
- 4 medium portobello mushroom caps, gills removed, sliced
- 1 small onion, thinly sliced
- 2 large cloves garlic, chopped
- 6 cups chopped collard greens
- ½ cup water
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- 8 slices rye bread *(see Tip, above)*
- 4 slices Swiss cheese
- 4 tablespoons Dijonnaise

1. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add mushrooms and onion; cook, stirring occasionally, until starting to brown, 5 to 7 minutes. Add garlic and cook, stirring, for 30 seconds. Add collards and water; reduce heat to medium and cook, stirring occasionally, until the collards are tender, 5 to 7 minutes. Season with pepper and salt.

2. Preheat a panini maker.

3. Brush one side of each slice of bread with some of the remaining 2 tablespoons oil. Turn 4 pieces over and spread 1 tablespoon Dijonnaise on each. Top with one-fourth of the collards mixture (about ¾ cup), a slice of cheese and the remaining bread, oiled-side up.

4. Cook the sandwiches in the panini maker until golden brown and the cheese is melted.

SERVES 4: 1 sandwich each

CAL 460 / **FAT** 25G (SAT 7G) / **CHOL** 26MG / **CARBS** 44G / **TOTAL SUGARS** 6G (ADDED 2G) / **PROTEIN** 17G / **FIBER** 7G / **SODIUM** 707MG / **POTASSIUM** 575MG.

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BLAINE MOATS, STYLING; SUE HUSS, FOOD; SUE M. TCHELL, PROPS; ILLUSTRATION: EMMA D. BEEN

YOU WON'T EVEN KNOW WHAT'S MISSING.*

*IT'S SUGAR

Silk

TASTES LIKE BETTER™

Salt-&-Vinegar Roasted Radishes

ACTIVE: 10 min **TOTAL:** 35 min

If your radishes come without greens, use 5 cups baby kale in Step 3 instead. Halve or quarter large radishes before roasting.

- 1 pound small radishes with greens attached (about 2 bunches)
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon malt vinegar
- ¼ teaspoon flaky sea salt, such as Maldon

1. Preheat oven to 375°F.
2. Cut greens off radishes and trim the stems. Wash and dry the greens and radishes separately. Toss the radishes with 1 tablespoon oil and spread on a large rimmed baking sheet. Roast, stirring once, for 20 minutes.
3. Toss the greens with the remaining 1 tablespoon oil. After 20 minutes, add the greens to the pan and continue roasting until the radishes are tender and the greens are wilted, about 5 minutes more. Transfer to a serving dish. Drizzle with vinegar and sprinkle with salt; toss to coat.

SERVES 5: ½ cup each

CAL 65 / **FAT** 6G (SAT 1G) / **CHOL** 0MG / **CARBS** 3G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 1G / **SODIUM** 151MG / **POTASSIUM** 211MG.

Artichokes with Lemon & Dill

ACTIVE: 20 min **TOTAL:** 50 min
TO MAKE AHEAD: Prepare through Step 3. Refrigerate for up to 2 days. Bring to room temperature before serving.

These simply prepared artichokes can be served at room temperature or chilled. Serve as a first course or as a side dish with grilled chicken or fish.

- 4 large lemons, divided, plus more for garnish
- 8 large artichokes
- 2 cups water
- 6 cloves garlic, chopped
- ¼ cup chopped fresh dill, plus more for garnish
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- 1½ tablespoons extra-virgin olive oil

1. Squeeze the juice from 2 lemons. Fill a large bowl with cold water and add the juice and rinds. Trim artichokes (*see Steps 1-3, page 104*) and place in the lemon water to prevent discoloration.
2. Squeeze ⅓ cup juice from the remaining 2 lemons. Combine the juice with 2 cups water in a large nonreactive pot wide enough to hold the artichokes in a single layer. Drain the artichokes and lay them on their sides in the pot. Top with garlic, dill, salt and pepper. Bring to a boil. Reduce heat to low, cover and simmer, turning the artichokes once, until tender when pierced with a fork, 18 to 20 minutes.
3. Transfer the artichokes to a deep platter with a slotted spoon. Simmer the liquid remaining in the pan over medium-high heat until reduced to 1¼ cups, about 10 minutes. Spoon over the artichokes and let cool to room temperature.
4. To serve, drizzle the artichokes with oil and baste with the sauce. Garnish with chopped dill and lemon wedges, if desired.

SERVES 8: 1 artichoke each

CAL 105 / **FAT** 3G (SAT 0G) / **CHOL** 0MG / **CARBS** 18G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 9G / **SODIUM** 445MG / **POTASSIUM** 620MG.

LEFT: BLAINE MOATS, STYLING: SUE HOSS; FOOD: SUE MITCHELL; PROPS: BRIGHT LEIGH BEINCH

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Celery Root Colcannon

ACTIVE: 30 min **TOTAL:** 30 min

Colcannon is an Irish dish made with potatoes and kale or cabbage. We swap flavor-packed celery root for the potatoes and use less butter than in traditional versions to save more than 200 calories per serving.

- 1¼ pounds celery root (about 1 large), peeled and cut into ½-inch pieces
- 2 cloves garlic, peeled
- 1 tablespoon extra-virgin olive oil
- 3 cups thinly sliced green cabbage
- ¼ teaspoon salt plus a pinch, divided
- ½ cup reduced-fat milk, warmed
- 2 tablespoons butter, cut into small pieces
- ¼ teaspoon ground pepper
- 1 tablespoon chopped fresh chives *and/or* parsley

1. Bring a large saucepan of water to a boil. Add celery root and garlic; cook until very tender, about 15 minutes. Drain.

2. Meanwhile, heat oil in a large skillet over medium heat. Add cabbage, sprinkle with ¼ teaspoon salt and cook, stirring often, until very tender and light brown in spots, 8 to 10 minutes. Remove from heat and cover.

3. Transfer the celery root and garlic to a food processor; add the remaining pinch of salt, milk, butter and pepper; puree until smooth. Scrape into a large bowl and stir in the cabbage and herbs.

SERVES 4: ⅔ cup each

CAL 167 / **FAT** 10G (SAT 5G) / **CHOL** 18MG / **CARBS** 16G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 330MG / **POTASSIUM** 420MG.

BLAINE MOATS, STYLING: SUE MITCHELL (FOOD); SUE MITCHELL (PROPS)

PROMOTION
Kerrygold PURE IRISH BUTTER
Simple & Savory
PASTA CARBONARA

- *1 lb dried fettuccine*
- *2 tbsp (1oz) Kerrygold Salted Butter*
- *1 shallot, finely chopped*
- *1 small garlic clove, finely chopped*
- *1 cup (8oz) pancetta or streaky bacon lardons*
- *2 eggs*
- *½ cup (4oz) cream*
- *1 cup (8oz) Kerrygold Aged Cheddar*
- *1 tsp chopped fresh flat-leaf parsley, chopped*
- *Salt and freshly ground black pepper*

Drop the fettuccine in a large pan of boiling salted water, stir occasionally for 10-12 minutes until al dente.

Meanwhile, heat the butter in a frying pan. Add the shallot and garlic and sauté for 2-3 minutes until softened. Stir in the pancetta or bacon and cook for another 2-3 minutes until crispy.

Break the eggs into a bowl and add the cream, two-thirds of the Aged Cheddar and the parsley. Season to taste and lightly whisk to combine.

Drain the fettuccine and return back to the hot pan. Quickly pour in the egg mixture and toss well to combine with the bacon mixture, the heat from the fettuccine will cook the eggs.

To serve fettuccine, divide the Pasta Carbonara among wide-rimmed bowls and top with remaining Aged Cheddar and parsley.

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SPICE IS NICE
Montreal steak seasoning hails from Schwartz's Deli in—you guessed it—Montreal. It was first used to season fried liver and soon made its way to other meats. Commonly a mix of black and cayenne pepper, garlic, salt and paprika, it can be high in sodium. To keep that in check, we use McCormick's 25% Less Sodium blend

Montreal-Style Hanger Steak & Sweet Potato Frites

ACTIVE: 35 min **TOTAL:** 45 min

Steak frites is a French bistro staple. Here we swap roasted sweet potatoes for the fried spuds and make a yogurt-blue cheese sauce instead of compound butter to lighten things up.

- 2 pounds sweet potatoes, peeled
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup nonfat plain yogurt
- 1 tablespoon finely crumbled blue cheese
- 1 tablespoon minced fresh chives, plus more for garnish
- 1-1¼ pounds hanger *or* flat-iron steak, trimmed
- 2 teaspoons 25% Less Sodium Montreal steak seasoning *(see Tip, above)*

1. Position racks in upper and lower thirds of oven; preheat to 450°F. Coat 2 large rimmed baking sheets with cooking spray.

2. Slice sweet potatoes crosswise into ¼-inch-thick slices. Cut each slice into ¼-inch-wide fries. Toss with 2 tablespoons oil in a large bowl; add paprika, cumin, salt and pepper and toss again. Divide the fries between the prepared baking sheets, spreading evenly. Bake on the upper and lower racks, stirring the fries and switching the pans halfway, until browned and tender, 25 to 28 minutes.

3. Meanwhile, combine yogurt, blue cheese and chives in a small bowl.

4. When the fries are halfway done, heat the remaining 1 tablespoon oil in a large cast-iron skillet over medium-high heat until hot but not smoking. Sprinkle steak with Montreal steak seasoning and cook, turning once, until browned on both sides, 2 to 4 minutes per side for medium. Let rest on a clean cutting board for 5 minutes. Slice crosswise into ½-inch-thick pieces and serve with the sweet potato fries and sauce, garnished with more chives, if desired.

SERVES 4: 3 oz. steak, 1 cup fries & 1 Tbsp sauce each

CAL 396 / **FAT** 18G (SAT 5G) / **CHOL** 67MG / **CARBS** 30G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 27G / **FIBER** 5G / **SODIUM** 673MG / **POTASSIUM** 991MG.

MAKEOVER MAGIC Get more restaurant faves made healthy at eatingwell.com/webextra

BLAINE MOATS, STYLING; SUE HUSS, FOOD STYLING; MITCHELL PROPST, ILLUSTRATION; EMMA D. BEEN

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4 Rules for Calling Your Recipe "Simple"

Everyone loves to refer to their recipes as "simple." Simple is fun, simple is promising, simple is sexy. Simple is the word I most want whispered in my ear when I'm feeling overwhelmed and *yes* I've been married for almost 20 years and have two school-age kids, why do you ask?

Well, there are rules about calling your recipe simple and you should definitely follow them and not waste even two minutes wondering who I am or what makes me qualified to come up with these rules. In my experience, questioning leads to answers and/or existential sadness.

[redacted] is the co-founder and editor of the humorous parenting website RAZED *and a frequent contributor to* McSweeney's. *She lives in Vermont.*

1 Your recipe should have fewer than five ingredients. Why five? Why not! You don't know who I am and I decided five! Let's face it, any more ingredients than that isn't simple, it's just another to-do list. No thank you!

2 Your recipe should actually be easy to make. You shouldn't need a degree in the culinary arts to make dinner. Just to choose a 100% completely random example, could a 10½-year-old and a 12½-year-old who look 50% like me make it?

3 Your recipe shouldn't require special equipment. Me: "Does this say 'paddle attachment'?" Me: "Does this say 'cheesecloth'?" Me: "Does this say 'double boiler'?" Also me: "If I order Chipotle online right now, can it be ready 15 minutes and one shopping trip ago?"

4 Your recipe should obviously result in something that's delicious. Let's face it, even this gal right here could pen a recipe that's just two ingredients: cardamom and compost. But it takes real talent to parlay just a handful of ingredients into something so good, people want to return to your table again and again and not just for the free alcohol. Remember: those who can, *DO.* Those who can't, *WRITE RULES FOR OTHER PEOPLE TO DO.*

Lemon-Sopressata Chicken

ACTIVE: 30 min **TOTAL:** 30 min

We're certain this recipe fits your definition of "simple," Kimberly. Have the 10½- and 12½-year-old make mashed potatoes and a salad to go along with it.

—The EatingWell Test Kitchen

- 2 8-ounce boneless, skinless chicken breasts, trimmed
- 2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- ½ cup diced sopressata *(see Tip, page 104)* or salami (about 2 ounces)
- 1 medium lemon, peeled, seeded and chopped

1. Cut chicken in half crosswise and sprinkle with ¼ teaspoon each salt and pepper. Place flour on a plate and dredge both sides of the chicken in it. Shake off any excess. Whisk tomato paste and ⅓ cup water in a small bowl and place near the stove.
2. Heat 2 tablespoons oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned on both sides, about 10 minutes. Transfer to a plate.
3. Add sopressata (or salami) to the pan and cook, stirring, until browned, 1 to 2 minutes. Stir in the tomato paste mixture and lemon. Return the chicken to the pan, cover and cook, turning once, until the sauce has thickened and an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, 5 to 7 minutes.

SERVES 4: 3 oz. chicken & about 2 Tbsp. sauce each

CAL 242 / **FAT** 13G (SAT 3G) / **CHOL** 73MG / **CARBS** 5G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 0G / **SODIUM** 394MG / **POTASSIUM** 274MG.

PHOTOGRAPH: MATTHEW HARRINGTON. FOOD STYLING: MICHELLE DUDASH. PROP STYLING: CHARITY BURGGRAAF.

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Culture Club

Labneh, the thick, slightly salty Middle Eastern strained yogurt, is easy to make (*see below*). Try it as a dip with one of these topping combos, schmeared on a bagel or dolloped onto sautéed vegetables.

Apricot Hazelnut Labneh

Top 2 cups labneh with ½ cup sliced apricots, ¼ cup each pomegranate seeds and toasted chopped hazelnuts, 1 Tbsp. honey and ⅛ tsp. poppy seeds. Serve with graham crackers.

Jalapeño & Dill Labneh

Top 2 cups labneh with ¼ cup sliced scallions, 1 small jalapeño (sliced), 1 Tbsp. each olive oil, chopped fresh dill and parsley and ½ tsp. toasted cumin seeds. Serve with pita chips.

Top 2 cups labneh with ¼ cup shelled pistachios, 1 Tbsp. each agrumato lemon oil (or olive oil) and chopped fresh parsley, 1 tsp. lemon zest and ¼ tsp. ground sumac. Serve with cucumber slices.

To Make Labneh

Line a 7-inch or larger fine-mesh sieve with four layers of cheesecloth. Set over a bowl deep enough to leave at least 3 inches between the bottom of the sieve and the bowl. Whisk ¼ teaspoon salt into 1 quart low-fat plain yogurt and spoon into the cheesecloth. Refrigerate until the yogurt is quite thick and at least 1 cup of liquid has drained into the bowl, 12 to 24 hours. (Discard the liquid.) Refrigerate the labneh in an airtight container for up to 1 week.

MAKES: about 2 cups (70 CAL PER ¼ CUP)

See page 106 for nutrition info (labnehs only)

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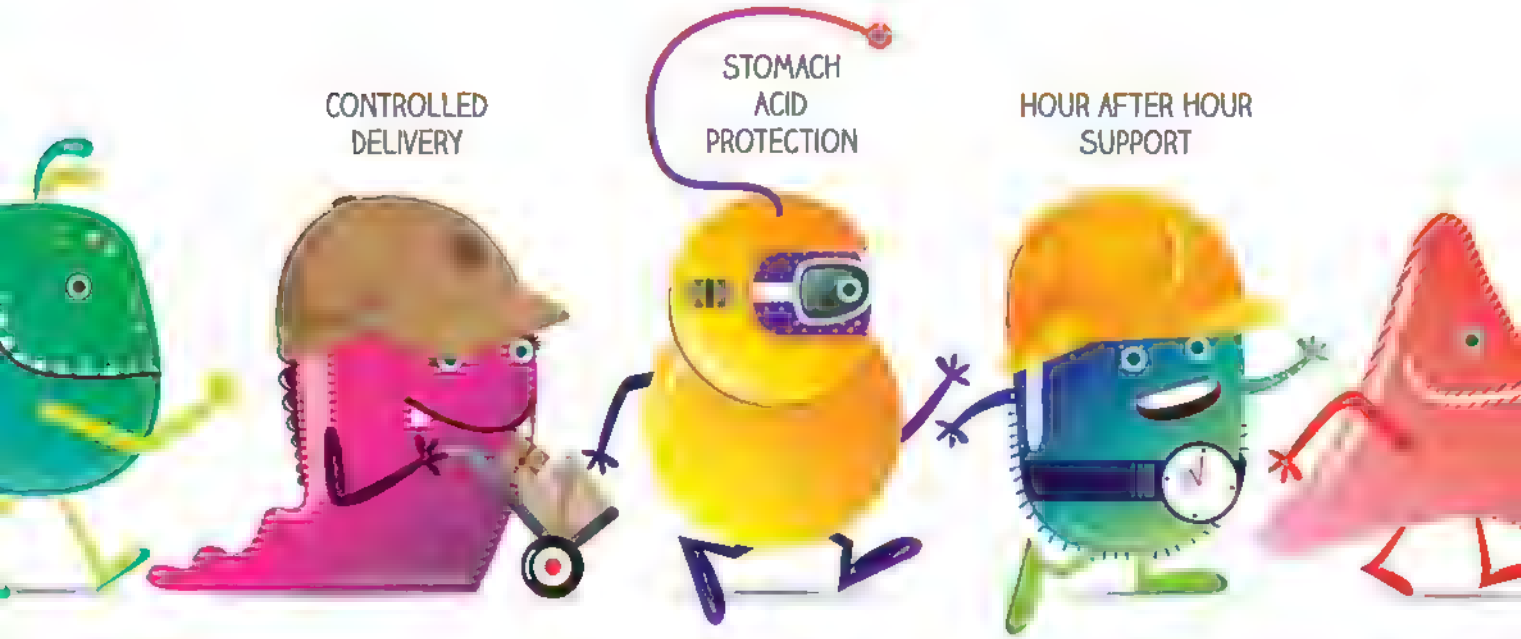

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THE TRAVEL ISSUE

10 RIDERS, ONE INSPIRING CHEF, AN HISTORIC CHÂTEAU AND ENDLESS GOOD FOOD AND WINE. DOES IT GET ANY BETTER? BY CAROLYN MALCOUN

Provence

LOCATION PHOTOGRAPHY BY
REBECCA MARSHALL

Taking a bike tour through Provence is like living in a postcard. Roads meander through ancient villages, spilling into cherry and almond orchards that run right into vineyards growing the grapes for some of the finest wines in the world.

Coasting into the woods behind Abbaye Saint-Madeleine du Barroux in Provence, I found a feast waiting. I propped my bike against a tree and limped over to check out the spread. Bottles of chilled rosé and sparkling water sat among platters of endive stuffed with goat cheese, walnuts and strawberries; a fennel and grapefruit salad; melon strewn with mint; and paper-thin slices of raw summer squash sprinkled with herbs. I was living the dream.

Just moments earlier, I had been swearing under my breath. My quads burned. I pedaled up the switchbacks to the abbey so slowly I felt I might topple over at any minute. But now I was gingerly sitting down (those padded bike shorts only do so much) to dig into lunch with 10 others on this Du-Vine Cycling + Adventure Company trip. Its motto: Bike/Eat/Drink/Sleep. For our group that meant cycling through the Dentelles de Montmirail in France — a small mountain chain that snakes through northern Provence — and bedding down at La Verrière, a private château surrounded by vineyards.

That morning had kicked off with a ride to the market in Bédoin. We rolled down the hill from La Verrière and pedaled 12 miles to meet Seamus Mullen, the energetic 42-year-old James Beard Award-nominated chef of Tertulia and El Comado in New York City. He's the reason this trip was called "Chef on Wheels" — he was there to teach cooking classes and ride with us on our food-centric adventures.

At the market, Mullen filled shopping bags with the ingredients he'd use to make the feast in the woods and for the cooking class he would lead later that evening. Did he have plans for either when he arrived at

RECIPES BY
SEAMUS MULLEN

FOOD PHOTOGRAPHY BY
ANDREW SCRIVANI

ILLUSTRATIONS BY GARY HOVLAND

Asparagus
with Eg
Endive
Goat Ch
Strawb
Walnuts

Radish, Herb & Feta Salad with Lemon Vinaigrette
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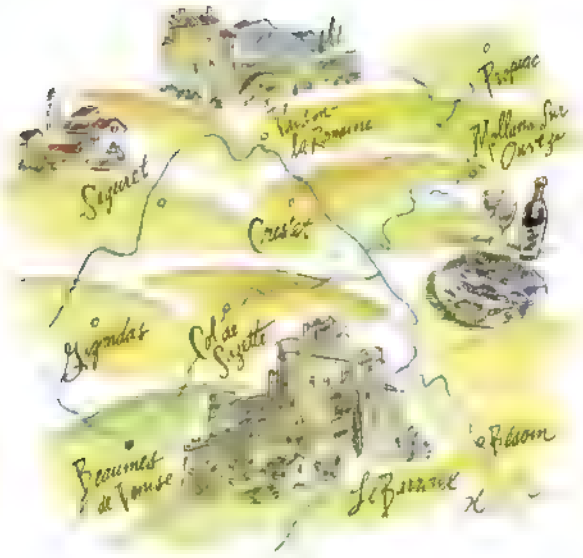
THE TRAVEL ISSUE
Grilled Lamb Chops with Anchovy-Walnut Chimichurri
PAGE

On the final night of our trip, Mullen took over the outdoor grill at La Verrière to prepare a farewell feast. He assembled a show-stopping meal that focused on grilled local lamb, which the region is known for, served with a rustic chimichurri sauce. Mullen's love of vegetables is obvious in every meal he cooks. And he took as much care in preparing the veggie-packed sides as he did the main dishes.



the market? He sure didn't. His inspiration came from what was fresh. And inspiration came easy—colorful tomatoes, the largest and tiniest artichokes I've ever seen, the first cherries of the season, frilly heads of lettuce and more filled the bustling market. A single fish stall stretched half a block, its cases laden with everything from sea beans and squid to cod and cuttlefish.

We groaned with soreness and delight as we dug into the feast. After cycling almost 30 miles that morning, we were famished. And the food was amazing: it was so simple, yet so delicious, because Mullen had crafted it from the freshest of the fresh. It wasn't hard to see how his own journey influenced how he cooks today

Five years ago, Mullen wouldn't have been on this trip. For much of the last decade, he was sick—*really* sick. Every morning went like this: he sat up in bed and let his feet dangle over the edge for 10 minutes to let the swelling in his hands and feet subside. Then he stood up and hobbled to a lounge chair where he sat for another 15 minutes before hobbling to the shower. Sometimes his hands were too swollen to button his shirt. He wore slip-on clogs because it hurt too much to tie his shoes. This was devastating for a Vermont kid who was a mountain bike racer through his early 20s.

Mullen has rheumatoid arthritis, an autoimmune disease in which his immune system mistakenly attacks healthy cells in his joints. Despite taking a cocktail of medications—injectables, chemotherapy drugs, painkillers, you name it—and getting monthly blood transfusions, that painful morning routine was *still* his day-to-day reality. *For eight years.*

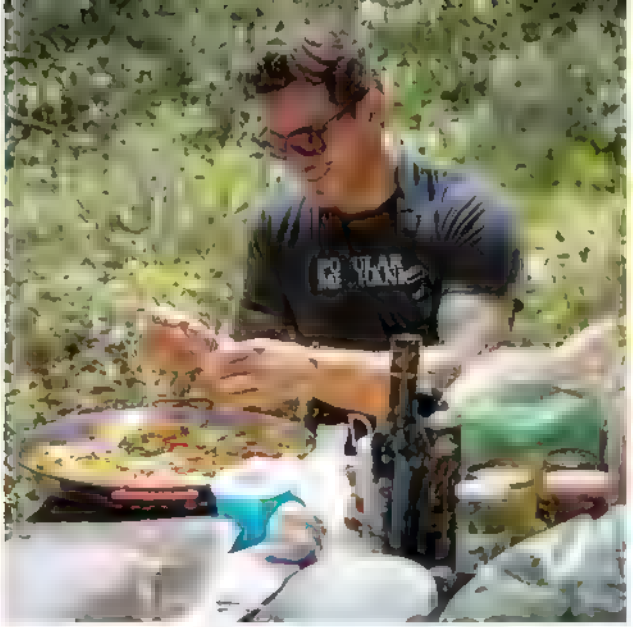
On top of all this, he was frequently in and out of the hospital. Some of the medications he took suppress the immune system, leaving him more susceptible to other illnesses. After bacterial meningitis landed him in the hospital for two weeks, he decided that something had to give.

"There's a really amazing Buddhist proverb that goes: when you're ready for a teacher, he appears," Mullen said after detailing his health history one night. The group was seated around him in the stone-walled great room of La Verrière. All of us were silent, mouths slightly agape, glass of wine or piece of prosciutto frozen in mid-air. I can't even imagine what his medical chart looks like. It was hard to believe that this was the same guy who rode up 6,263-foot Mont Ventoux the day before. How the hell did he get here?

Mullen got here because he met his teacher: Frank Lipman, M.D. He practices functional medicine, which combines Western medicine with other complementary treatments, at Eleven Eleven Wellness Center in New York City. After running a battery of tests, Lipman suggested an imbalance in Mullen's gut bacteria was contributing to his sickness and started him down a path to heal it.

THE TRAVEL ISSUE

Mullen heads to Sicily on his next "Chef on Wheels" trip with DuVine Cycling + Adventure Co. at the end of May. On our trip to Provence, he cooked a picnic lunch (*opposite top and center*) with ingredients he gathered from the Bédoin farmers' market (*bottom*). During his cooking class, he taught us how to cook one of his signature dishes, paella.



EDIBLE EXPLORATIONS

Five more active culinary adventures let you have your cake and work it off too

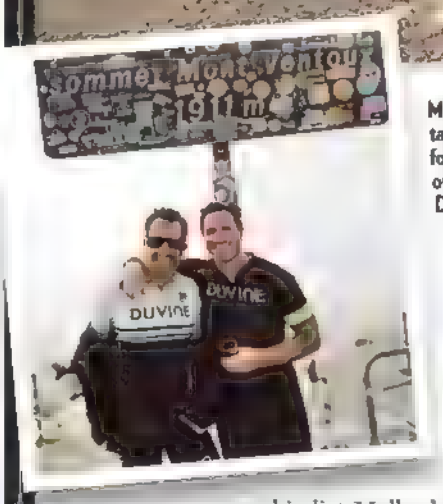
1 Walk your way through California wine country. Enjoy cooking classes and olive oil tastings while walking through Sonoma and Napa counties. Starts at $3,198 per person for 5 days. *backroads.com*

2 Ramble through Japan. Hike among fruit trees and rice paddies, experience a tea ceremony and go to a sake brewery. Starts at $9,895 per person for 8 days. *butterfield.com*

3 Coast through the Great Smoky Mountains. Explore the landscape by bike, then enjoy Blackberry Farm's amenities—hike, horseback ride, fly fish and dine at the farm's James Beard Award-winning restaurant. Starts at $5,999 per person for 6 days. *trektravel.com*

4 Explore Piedmont and Parma. Wander through Barolo vineyards, go on a truffle hunt, taste Parma ham at the source and visit a Parmigiano-Reggiano dairy. Starts at $2,095 per person for 8 days. *exodustravels.com*

5 Find your center in Southern India. Take cooking classes, tour coffee, tea and spice plantations and Zen out in yoga classes in the state of Kerala on a private tour. Starts at $2,380 per person for 8 days. *gourmetontour.com*



MISSION ACCOMPLISHED: Cyclists from around the world flock to Provence to tackle Mont Ventoux, which is part of the Tour de France every few years. DuVine founder Andy Levine (*left*) poses with Mullen at the summit after their ride. The rest of us, save for Carlos Valentin (*above, front center*), were deemed unfit for the ride. Don't worry, we weren't offended.

It wasn't easy Mullen's regimen included conventional medicine, supplements, herbs, yoga, meditation and acupuncture. He slept more. But the biggest change was his diet. Mullen loaded up on foods to feed the good bacteria in his gut, especially lots of fibrous vegetables and dark leafy greens. "The stuff that we don't break down goes into our large intestine and those good little bugs that live down there have a frickin' party on that stuff," he said. Lipman also instructed him to eliminate alcohol, gluten, grains and sugar and limit dairy—a way of eating that not all health professionals agree with but one that Lipman believes works for some people.

Six months later, Mullen climbed out of bed and walked down the circular staircase in his Brooklyn apartment. Halfway down the stairs, he realized he wasn't in pain. "Everything in the world went from black-and-white to color," he said. The first thing he did? Pumped up the tires on his old bike. "I rode six miles. I was fat and out of shape and exhausted but I had a shit-eating grin the whole time," Mullen said.

Mullen has been asymptomatic for four years now. He says his markers for rheumatoid arthritis are now negative. Today he's as much a cyclist as he is a chef. He's tackled about 30 cycling races in the past three years, including La Ruta de los Conquistadores in Costa Rica, a grueling 161-mile mountain bike race. And he has no plans to stop cooking or cycling. Recently he's teamed up with the charity No Kid Hungry to help create a program called Chefs Cycle, bringing together food and fitness to raise money to end childhood hunger in America.

Retiring to my room after Mullen's talk, I stretched my aching muscles in anticipation of our ride the next day. Just thinking about getting back on the saddle sounded daunting. But then I remembered Mullen's journey to good health and knew if he could change his life, I could at least get back on the bike and climb another mountain. And there would be chilled rosé and an amazing meal waiting for me at the end of the day.

CAROLYN MALCOUN *is* EatingWell*'s senior food editor. Since this trip didn't traumatize her enough, she plans to complete a 50-mile bike race this summer.* **SEAMUS MULLEN***'s next book is* Real Food Heals: Eat to Feel Younger and Stronger Every Day *(Avery, Aug 2017).*

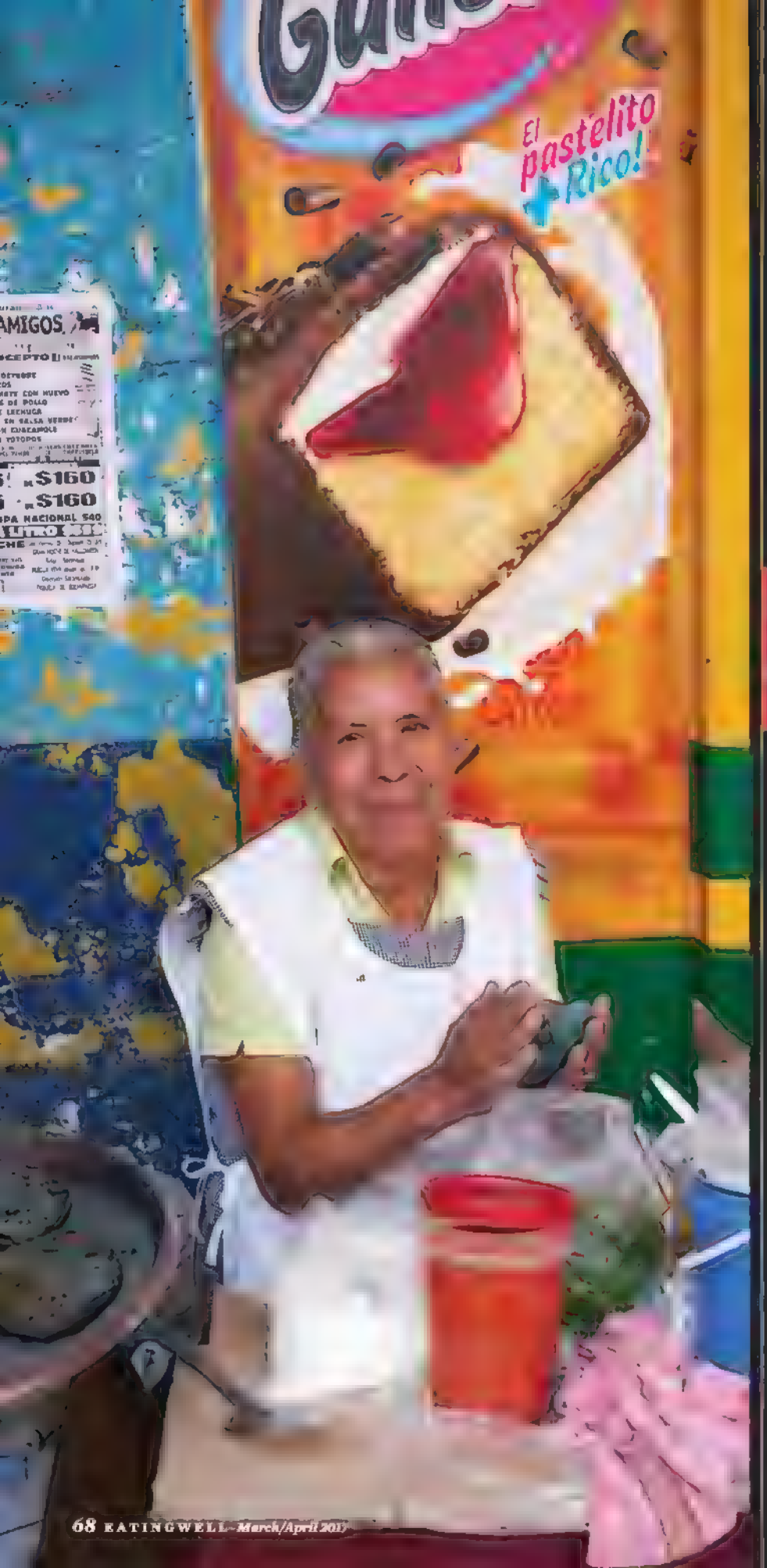
STYLING: HUGH JEBB GANTER; BODY: SOO JEONG KANG (PROPS

WINES

Bursting with aromas of strawberries, white flowers and citrus, rosé wines from Provence are arguably the best in the world. Using blends of grenache, mourvèdre, syrah, cinsault and merlot grapes, the wines develop a pink color from their brief time—generally 2 to 20 hours—in contact with the red grape skins. The sunny Provence climate and proximity to the Mediterranean Sea yield light, fresh wines that pair best with seafood, cheese and salad. Uncork a chilled bottle with a meal or pour a glass to cool down after a hot day. These are just a few of our favorite rosé producers whose wines are available in the U.S.

- **Commanderie de la Bargemone**
- **Commanderie de Peyrassol**
- **Domaine de Triennes**
- **Domaine Tempier Bandol**

Chocolate-Covered Almond Cake



Mexico City

THE TRAVEL ISSUE

HOW I FELL FOR THIS HUGE, HECTIC CITY, IN 7 DISHES

By LESLEY TÉLLEZ

For years, I told my husband and friends I needed to live in Mexico. Not wanted, but needed—a deep ache that began in my 20s, that I knew wouldn't subside until I learned Spanish and connected more deeply with my family's Mexican roots. Mexico City, a place I'd never even visited, seemed cosmopolitan and interesting.

I finally got my chance in 2009, when my husband's employer transferred us to Mexico City from Dallas and I quit my newspaper reporting job.

When we arrived I was almost too scared to leave the house. The city teemed with cars that ran red lights and people who shoved their way out of subway cars. My deeper fear

PHOTOGRAPHY BY
PENNY DE LOS SANTOS

ILLUSTRATIONS BY
GARY HOVLAND

Tlacoyos

Rosa Peña Sotres's street stand, Calle Lopez near Calle Delicias, Centro Histórico

Tlacoyos are sold at street stands staffed largely by women—sometimes just one woman—who do it all: take orders, cook, accept money. They hand-shape each masa (corn dough) patty, stuff them with beans, cheese or fava beans, grill them until lightly crisp, then top the patties with *nopales* (prickly pear cactus), onion and cilantro. Rosa Peña Sotres (*opposite*) makes the best tlacoyos from her tiny stand in the Centro Histórico. Like her mother before her, she grinds her beans on the metate, a tablet traditionally made of lava rock. And she insists on waking at 5 a.m. ("I would like us to wake up earlier, actually," she says), to make everything fresh daily with her daughter. The two switch off staffing the stand. Sometimes Doña Rosa lets me sit on the stool next to her. I love to watch her shape the masa—it's like it floats between her palms.

Bean Tlacoyos
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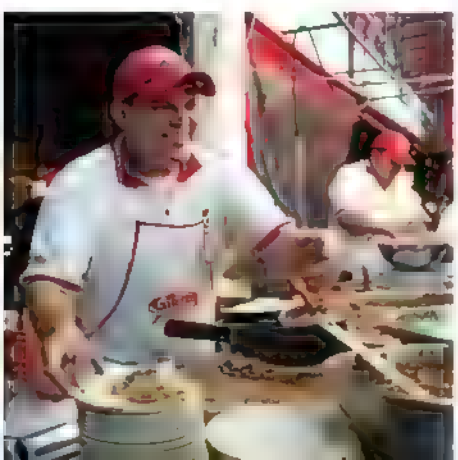
SWEPT UP IN THE CHAOS OF THE CITY, THE FOOD ORIENTED ME, DELIGHTED ME, TAUGHT ME NEW THINGS.

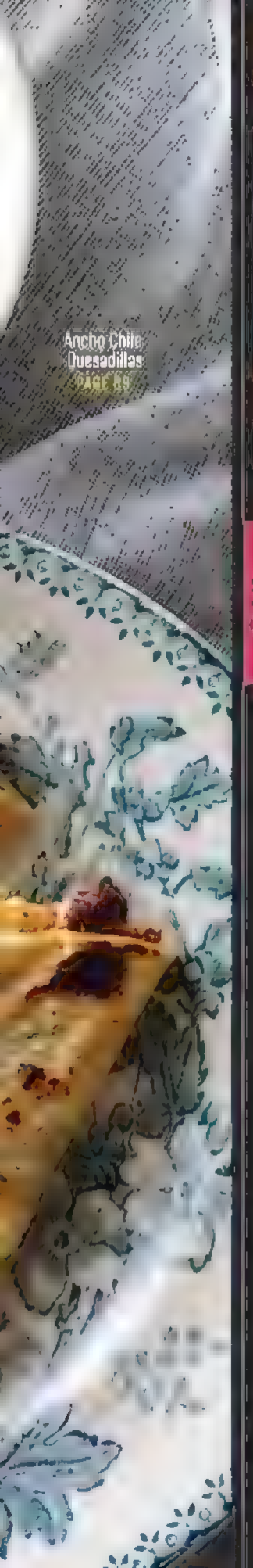
I could barely verbalize: What if I had no other value besides being a working journalist? Who was I in this new city?

We could do fine on one income, so I gave myself permission to explore. The street stands near my house sold snacks I'd never seen before slate-blue corn tortillas, meat bubbling in cauldrons filled with hot fat. At one stand, women grabbed hunks of masa out of buckets at their feet and shaped the dough into thick patties, crisping them on a grill not six feet from where I walked. Food had never seemed so tactile and alive.

Swept up in the chaos of the city, the food oriented me, delighted me, taught me new things. Six months after arriving, I decided to go to cooking school. Then in hopes of helping others to fall in love with the food, too I started a company, that gives street food tours in the city. In 2015, I wrote a cookbook, *Eat Mexico*

We left Mexico City in 2012, but the city still holds my heart. It changed my life, and it taught me patience. If today doesn't work because of a traffic jam or a massive rainstorm or a power outage, there's always tomorrow, and something else to see, learn and eat. Whenever I return to Mexico City I visit my favorite food stands and restaurants and leave feeling nourished in both mind and body.





THE TRAVEL ISSUE

Taco de Queso and Chile Ancho

Taquería Los Palomos, Ahorro Postal 69, Benito Juárez

You could spend your entire life exploring the city's nighttime taquerías, some of which operate as entirely different businesses during the day. I thought I knew their basic shtick—bright convenience-store lighting, hard plastic chairs, al pastor or another style of meat taco—when one of my tour company's guides told me about Taquería Los Palomos (*opposite*) near the Villa de Cortés subway station. A beacon on a dark residential street, the place had a cozy, neighborhood pub feel. Two fat clay pots full of beans sat on the grill, and young people sat on barstools that looked like they'd been carved out of tree trunks. I ordered the chile ancho and cheese taco, a stunningly simple mix of creamy melted cheese and fruity chopped ancho. We asked the owner for the recipe but he refused. The taco—and the taquería—still live on in my heart, so much so that I re-created a version of the taco once I got home. My cheesy quesadilla flecked with ancho wasn't too far off, and it brought me back to that weeknight on a calm Mexico City street.

Caldo Tlalpeño

Sanadoras La Caldería, Avenida Fray Servando Teresa de Mier 333, Esperanza

In Mexico City, soups are eaten at any time of day, especially when one is hung over. It's unusual to see an entire restaurant devoted to soups—they're often sold at markets or eaten at home—but Isis Iturriaga's restaurant, Sanadoras La Caldería (*above*), lured me in with its sun-filled atrium and bubbling clay pots of spicy broths. The menu features six daily, but the best one is the caldo tlalpeño, a smoky, chipotle-laced soup with thick chunks of vegetables and chicken that falls off the bone. Iturriaga believes firmly in the power of holistic healing, so she offers space to other holistic practitioners on upper floors—a floral therapist, an herbalist, a massage therapist. "The true healers are in our kitchens," she says. "It's not a lie that soups are curative."

STYLE: NE FRANCES ROSWELL; HARD FOOD: KATELYN DU ROSS WALKER (HAIR)

Mole Almendrado

Moles Don Luis, Venustiano Carranza 12, San Pedro Atocpan

Milpa Alta is Mexico City's rural southernmost borough, and it takes a while to get there—an hour and 20 minutes with no traffic or twice that with heavy traffic. For me, though, it's a necessary stop. In the Milpa Alta village of San Pedro Atocpan, where most families earn their living making mole, the streets actually smell like chiles and spices. Jorge Córcega loves Milpa Alta so much that he started giving food tours there in 2012 with his wife, Magali Alvarado. Besides taking visitors to a cactus field to cut and cook nopales paddles, they guide you through their mole operation, Moles Don Luis. The mole *almendrado* is a b end of ground hazelnuts, almonds, peanuts, three types of dried chiles, and spices. It is sold dry (*opposite*) and mixed with broth to make a sauce. It's sublime just off the mill, when it's grainy and warm, and tastes like salty, spicy breadcrumbs.

MOLE
POBLANO
MOLE
ALMENDRADO
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THE TRAVEL ISSUE

Aguachile

Máximo Bistrot,
Calle Tonalá 133, Roma

Eduardo García (*left*) was born in Mexico, but traveled back and forth often to the United States as a kid—his family were migrant farmworkers. He spent his teens working in restaurant kitchens in Atlanta and, after family issues brought him back to Mexico as an adult, he landed a gig at the lauded Mexico City restaurant Pujol. The self-taught chef now runs Máximo, my go-to spot for high-end yet unfussy Mexican food. It's tough to get a table, but there's no place like it—García's talent catapults even a simple dish into interplanetary territory. When it's on the menu, I order the aguachile, a plate of raw, thinly sliced seafood doused in a punchy lime-and-cucumber sauce. García tweaks the dish according to his whims; a recent version had scallop, coconut water, fresh coconut and a hint of chile serrano. It was buttery and luxurious, yet mellow enough to pair with a glass of wine. "I never thought I was going to be a cook," he says. "Like so many Mexicans in the U.S., you work to support your family."

Chocolate de Agua

El Cardenal, Calle de la Palma 23, Centro Histórico

Breakfast is a multi-course ritual in Mexico City, calling for fruit and yogurt, fresh-squeezed juice and pastries in addition to a main course, such as enchiladas or chilaquiles. Few places do it better than El Cardenal (*above*) I always have their hot chocolate, which is made with water instead of milk. The chocolate, frothed in a pitcher with the traditional wooden *molinillo*, is nutty, bitter and decadent, and completely unlike the hot chocolate I knew as a child E Cardenal makes their own chocolate with cacao beans from the Mexican state of Tabasco To make a good cup, says owner Marcela Briz Ganzurieta, using bittersweet real cacao is paramount. More-sugary chocolates will "taste like you're drinking a cup of honey."

Chocolate de Agua

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Roasted Three-Chile Salsa

Sofía García Osorio's restaurant (next to a related mezcal bar called Bósforo), Luis Moya 31, Centro Histórico

When I first moved to Mexico City, I was surprised to see how many trendy restaurants eschewed local flavors in favor of foreign ones. Instead of a salad with Mexican cheese or native Mexican greens, for instance, these eateries sold caprese salads with so-so mozzarella and wilted basil. Mexico City had such a strong culinary identity, yet its menus lacked a sense of place. That's changed now. Mexico's top chefs have embraced their heritage, and that pride has filtered down to younger chefs too. In a quiet pocket of the Centro Histórico, Sofía García Osorio's stylish unnamed restaurant is modeled on the textures and flavors of her childhood village in Veracruz. Her tortillas come from corn grown on a *milpa*, a traditional farm growing multiple crops in the same field, and she grinds some of the salsas in a traditional *molcajete* (stone mortar and pestle). Her table salsa, served just after customers sit down, features juicy chunks of tomato and charred bits of manzano and habanero chiles. "Why does the trend have to be European or French?" García says. "Why can't it be a luxury to eat beans slow-cooked in a clay pot?"

PARADISE PRESERVED JUST BEYOND THE GOLDEN GATE BY LAURA FRASER

If you hike to the highest spot in Point Reyes National Seashore, the top of Mount Wittenberg—on a rare day with no fog—you can survey the vast park and beyond. To the west are forested hills that roll down to jagged cliffs, thrashed by the Pacific. To the north are wild, wind-swept beaches and the long finger of Tomales Point, where tule elk roam and wildflowers burst in spring. Around that finger to the east, Tomales Bay is calm and smooth, its pristine waters perfect for oysters, kayakers and hardy swimmers. On the other side of the bay lie grassy pasturelands as far as the eye can see, velvety green in winter and parched in summer.

For 30 years, I've escaped from San Francisco to Point Reyes National Seashore, a more than 70,000-acre wild area an hour north of the city in western Marin County. Each visit I stop in the hamlet of Point Reyes Station for picnic supplies including organic cheeses and meats from the grassy pastures, briny sweet oysters from Tomales Bay and gorgeous produce and grapes from hidden pocket farms and vineyards.

What you can't see from the mountain vista—and momentarily forget—is the sprawling Bay Area to the south, with its expensive condo developments marching up Marin County. Further east on

RECIPES BY LISA WEISS

FOOD PHOTOGRAPHY BY LEIGH BEISCH

ILLUSTRATIONS BY GARY HOVLAND

THE TRAVEL ISSUE

Marin County

LOCATION PHOTOGRAPHY BY
MARC-PIERRE LE BLANC

Marin's [illegible] beaches, the Point Reyes National Seashore. Visitors can ride the waves, walk the beach or kayak on the Pacific or its sheltered [illegible] nearby Tomales Bay.

THE TRAVEL ISSUE

Highway 101 the traffic is often bumper-to-bumper from the Golden Gate Bridge north to the shopping malls of Petaluma.

Point Reyes was declared a National Seashore in 1962. Most of it was designated wilderness, but existing ranches could stay as long as original family members still leased them. Agricultural lands in the rest of Marin had no such protection. During the 1970s, the county's 200 family dairies dwindled to 30. Unable to compete with large farms in California's Central Valley, many of the small farms sold their land to developers. In 1980, the late Ellen Straus, a dairy farmer, decided to take action to protect the remaining farmland in the area. She teamed up with biologist Phyllis Faber to create the Marin Agricultural Land Trust (MALT), a nonprofit that keeps farmland in active agricultural use. Currently 78 family farms operate on MALT-conserved land and 48,000 acres of farmland that were unprotected by the National Seashore are now conserved forever.

That so much wilderness and farmland has been preserved so close to San Francisco seems like something of a miracle. To understand how it all happened and what it means I talked to the farmers who work the land today. My first visit was with Peter Martinelli at his Fresh Run Farm just outside the funky town of Bolinas. His grandfather bought the land as a hunting and fishing retreat in the 1940s. Martinelli, who sells all his organic produce to Quince, a three-Michelin-star restaurant in San Francisco, has run the farm since 1999. As we walked through rows of beans, fennel and Japanese tomatoes, he talked about what drove him to conserve his land.

"This amazing land, with its bowls of deep, rich, sandy loam, is a resource that will far outlive me, and should be here to feed future generations," Martinelli said about why he first approached MALT. The conservation group helps farmers remain on their land by buying the development rights to it. Many farmers need this money to pay taxes or to update their equipment and business to stay competitive. But Martinelli's primary motivation was to be a good steward of the land and keep it as working farmland for future generations. So in 2010 he asked MALT to conserve his 239 acres to protect it from real estate development. By 2014 he and MALT put together a patchwork of funds—including a California wildlife conservation grant and gifts from Bolinas locals and MALT supporters—for half the development rights. Martinelli donated the value of the other half. The land will remain in agricultural use forever.

Martinelli, who is now on the board of MALT, attributes a great deal of the progress in organics and artisanal foods in western Marin to the land trust. "This renaissance of local foods never would have happened without MALT," he says. Not only is it protecting land, it also gives farmers money to invest in producing value-added goods like cheese and wine.

Drive 20 minutes up Highway One from Bolinas to Point Reyes Station and you can taste what MALT has saved. In the past few decades this town has transformed. Where once there was just a single restaurant and a diner, now you also find high-end cheese purveyors, butchers selling grass-fed meat and, at the Palace Market in the center of town, salted caramel gelato made from local bison milk. Bicyclists line up at the Bovine Bakery for organic muffins and scones then sprawl in the nearby park on thick benches carved out of redwood trees.

Around the corner, a big red barn houses Tomales Bay Foods, home to

overlooking Drakes Bay in the Point Reyes National Seashore have been part of the landscape since the Gold Rush. Back then the area's prized butter was sent by boat to San Francisco and as far away as the table of the Queen of England.

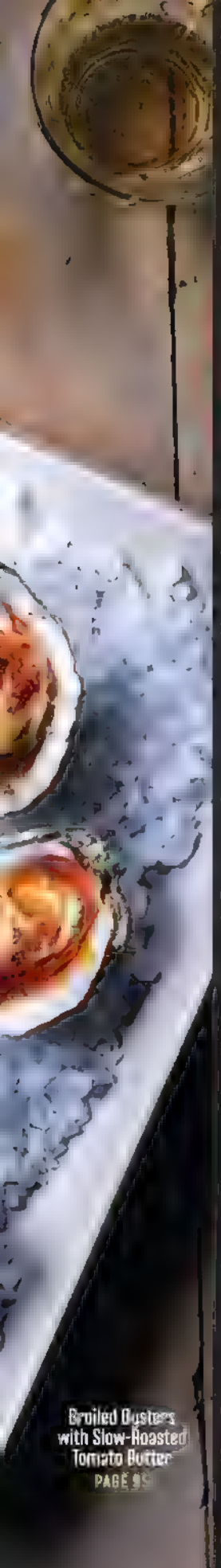
Ricotta Gnocchi
with Spring Vegetables
PAGE 92

NIKES

NV Point Reyes Vineyards Blanc de Blanc ($29) Made with only chardonnay grapes in the traditional Champagne style, this bubbly has flavors of citrus, vanilla and freshly baked bread. Adjoining a three-room bed-and-breakfast, the wine-tasting room is the first to open in Marin since Prohibition

2015 Pey-Marin Vineyards "The Shell Mound" Riesling ($25) The Marin climate is ideal for the cold-loving riesling grape. Crisp and bone-dry, this wine—named for the mounds of oyster shells scattered across the county—has aromas of green apple, white peach and lemon zest

2015 Thackrey & Company Andromeda Pinot Noir, Devil's Gulch Ranch, Marin County ($60) Using ancient methods, this smoky and intense wine from Sean Thackrey has flavors of ripe cherries and juicy plums. It's a sublime pairing for the balsamic-glazed pork shown on page 83



THE TRAVEL ISSUE

Cowgirl Creamery. Cases overflow with cheeses, wines and other artisan goods from the area, and the Cowgirl Cantina offers local baked goods, sandwiches and salads.

Tomales Bay Foods has been an anchor of the food scene in Point Reyes Station since the early 1990s when former chef Sue Conley moved to the area. She and Chez Panisse alum Peggy Smith met Ellen Straus, MALT's founder, who pushed them toward the cheese business. "Ellen knew you can save land for agriculture, but unless the people farming and making food are making a little money, it's not going to last," says Conley. Cheese is one way to make more money from dairy farming, going organic is another.

Conley and Smith launched Tomales Bay Foods as a way to help west Marin's family farms and dairies get their products into the hands of consumers and the Bay Area's best chefs. The renovated hay barn features a small cheesemaking room that had been used by local artisans, but Conley and Smith decided to use it themselves. Under the tutelage of some French advisors and using local organic Straus Creamery milk, they began producing crème fraîche, fromage blanc and their popular Mt. Tam and Red Hawk cheeses. Their new business, Cowgirl Creamery, was quickly a success and expanded to the Ferry Building in San Francisco. They now sell in 500 stores nationwide (the business was purchased in May 2016 by Emmi, a Swiss dairy company). Cowgirl also created a trend: when they started, there were five cheesemakers in Marin and nearby Sonoma County (including the 151-year-old Marin French Cheese company, the oldest in the U.S.); now there are 29. "We think of Marin as an appellation," says Conley, who served on the MALT board for 18 years.

Just outside Point Reyes Station, Point Reyes Farmstead Cheese Company gives another perspective on how MALT has shaped this foodshed. The Giacomini family has been farming in Marin since 1938. When none of the four daughters wanted to go into traditional dairy farming, they reinvented their business. In 2000 they sold off part of their

(continued on page 84)

Western Marin is best known for organic dairy, but it is also home to top-notch seafood like the shellfish from Hog Island Oyster Co. (*above left*) in Tomales Bay and the organic produce grown by Peter Martinelli (*above*) at Fresh Run Farm in Bolinas. In Point Reyes Station, local foods attract visitors to shop at Toby's Feed Barn or just grab a cup of joe and a pastry at its coffee bar (*below*).

WHERE TO EAT & STAY

THE TRAVEL ISSUE

1 Explore Marin's culinary scene with Elizabeth Hill on one of her **West Marin Food & Farm Tours.** Visit farms, creameries and purveyors, and lunch on the best local cheeses, breads and produce. *foodandfarmtours.com*

2 At the **Hog Island Oyster Co.** in Marshall *(below)*, you can tour the oyster farm, shuck your own while gazing at Tomales Bay or pick up fresh seafood to cook at home. *hogislandoysters.com*

3 **Saltwater,** in Inverness, celebrates local foods and shucks its oysters moments after they've left the bay. Chef Meave McAuliffe finishes the hyper-local repasts with gorgeous desserts. *saltwateroysterdepot.com*

4 **Osteria Stellina** serves local, organic foods, with an Italian accent. Oysters and small plates in the afternoon tide you over till dinner. *osteriastellina.com*

5 **Marin Sun Farms** is the place to go for an incredible burger and to buy local, organic meats and eggs. *marinsunfarms.com*

6 **The Bovine Bakery,** started in 1990 by Bridget Devlin, is where to go for organic baked goods before starting out on a hike or at the end of a bike ride. *bovinebakeryptreyes.com*

7 **Sir and Star at the Olema,** where chef-owner Daniel DeLong takes locavore menus to the extreme—"A Neighbor's Quail" graced a recent menu—is worth a special visit. *sirandstar.com*

8 Site of the Saturday farmers' market, **Toby's Feed Barn,** a Point Reyes institution, sells the best local breads, cheeses and chutneys. Their eclectic selection also includes everything from gifts and clothing to supplies for both small and large animals. *tobysfeedbarn.com*

9 The renovated barn that houses **Tomales Bay Foods** is home to the original **Cowgirl Creamery** shop. Choose from over 40 varieties of local cheeses or pick up a smoked ham and Mt. Tam cheese sandwich and a San Francisco Egg Cream at the **Cowgirl Cantina.** *cowgirlcreamery.com*

10 Tuck into a cozy cottage at **Nick's Cove** on Tomales Bay. The restaurant shucks the local oysters, and serves produce from a small farm across the street. *nickscove.com*

11 **Tomales Bay Resort** is one of the more reasonably priced places to stay. It has an upgraded motel atmosphere, with four-star views of the bay. *tomalesbayresort.com*

12 **Osprey Peak** has spare, serene rooms, instead of the Victoriana of many B&Bs in the area. *ospreypeak.com*

Little Gem Wedge Salad with Blue Cheese & Herb Dressing

Cowgirl Creamery and Tomales Bay Foods co-founder Sue Conley (*below*) helped revitalize the western Marin County food scene in the early '90s. This led to "an eruption of high-quality food products," says David Evans (*far right*), owner of Marin Sun Farms. He raises pastured pigs, cattle, goats and sheep on land in the Point Reyes National Seashore and sells the meat at Marin Sun Farms. His wife, Claire Herminjard (*right*), started Mindful Meats, an innovative company that sells high-quality meat from cows that are no longer in their milk-producing prime.

Baked Strawberry Custards
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(continued from page 81)

herd and used the money to buy the equipment to start making an award-winning, tangy blue cheese. In 2005, they used MALT funds to invest in a hilltop culinary and educational center called The Fork, where visitors can attend cooking classes, tastings and farm-to-table dinners. They also built a methane digester that captures greenhouse gases from manure and uses them to fuel the new facility.

On my most recent visit to Marin, I was craving oysters. There was a chilly fog descending as I went north from Point Reyes Station past Tomales Bay Oyster Company, in business since 1909, and Hog Island Oyster Company, where you can shuck your own oysters. I wanted to be indoors so I went to Nick's Cove, where they'd shuck the oysters for me. I watched the sun set over the vast expanse of hills across the bay, content to know that this view, and all this local food, will be here for generations to come.

LAURA FRASER *is a San Francisco-based journalist and the author of the memoirs* An Italian Affair *and* All Over the Map.

STYLING DAN BECKER (FOOD); GLENN JENKINS (PROPS)

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PAGES 60-67

PROVENCE

Endive with Goat Cheese, Strawberries & Walnuts

ACTIVE: 15 min
TOTAL: 15 min
TO MAKE AHEAD: Refrigerate stuffed endive for up to 4 hours; top with oil, honey and basil just before serving.

THE TRAVEL ISSUE

Vary these quick-to-assemble apps with the season. Try sliced nectarines in place of the strawberries in the summer and halved grapes in the fall.

- 24 large Belgian endive leaves (from 4 heads; about 8 ounces)
- 3 ounces soft goat cheese
- 1½ cups sliced small-to-medium strawberries
- ¼ cup toasted chopped walnuts
- ¼ teaspoon sea salt
- 4 teaspoons extra-virgin olive oil
- 1 tablespoon raw honey
- 1 tablespoon finely chopped fresh basil

Arrange endive on a platter. Crumble a little bit of goat cheese onto each leaf. Top with strawberries and walnuts. Sprinkle with salt. Drizzle with oil and honey and sprinkle with basil.

SERVES 12: 2 leaves each

CAL 64 / **FAT** 5G (SAT 1G) / **CHOL** 3MG / **CARBS** 4G / **TOTAL SUGARS** 3G (ADDED 1G) / **PROTEIN** 2G / **FIBER** 1G / **SODIUM** 79MG / **POTASSIUM** 83MG.

Asparagus Salad with Eggs & Jambon de Bayonne

ACTIVE: 30 min
TOTAL: 30 min
TO MAKE AHEAD: Refrigerate vinaigrette (Step 2) for up to 3 days; bring to room temperature before using.

Piment d'Espelette is a sweet, spicy ground pepper from the Basque region of France. While it's not essential, it does add a subtle kick to the otherwise subtle flavors of this salad. Look for this spice and jambon de Bayonne at specialty stores and well-stocked markets.

SALAD

- 24 medium-to-thick asparagus stalks (about 1½ pounds), trimmed
- 3 large eggs
- 1 small shallot, very thinly sliced, rings separated
- 6 paper-thin slices jambon de Bayonne *or* other cured ham, such as Serrano
- ¼ cup fresh small basil *and/or* tarragon leaves
- Piment d'Espelette for garnish

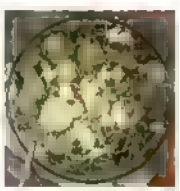
VINAIGRETTE

- ¼ cup fresh tarragon
- ¼ cup finely grated Parmigiano-Reggiano cheese
- ¼ cup white-wine vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon raw honey
- ¼ clove garlic
- ¼ teaspoon ground pepper
- ⅛ teaspoon sea salt
- ½ cup extra-virgin olive oil

1. To prepare salad: Put a large pot of salted water on to boil. Fill a large bowl with ice water and place next to the stove. Boil asparagus until bright green and just tender, about 3 minutes. Immediately transfer to the ice water with a slotted spoon. Add eggs to the boiling water and cook for 6½ minutes. Meanwhile, remove the asparagus to a clean kitchen towel and pat dry. Transfer the eggs to the ice water and let stand until cool.
2. To prepare vinaigrette: Combine tarragon, cheese, vinegar, mustard, honey, garlic, pepper and salt in a blender; process until the tarragon is finely chopped. With the motor running, drizzle in oil through the feed tube and process until creamy.
3. To serve: Cut the eggs in half. Arrange the asparagus and eggs on a large platter and drizzle with the vinaigrette. Top with shallot, ham, basil and/or tarragon and a sprinkle of Piment d'Espelette, if desired.

SERVES 6: about ¾ cup each

CAL 169 / **FAT** 13G (SAT 3G) / **CHOL** 100MG / **CARBS** 5G / **TOTAL SUGARS** 3G (ADDED 1G) / **PROTEIN** 7G / **FIBER** 1G / **SODIUM** 343MG / **POTASSIUM** 187MG.



Radish, Herb & Feta Salad with Lemon Vinaigrette

ACTIVE: 40 min
TOTAL: 40 min
TO MAKE AHEAD: Refrigerate dressing (Step 1) for up to 3 days; bring to room temperature before using.

Sorrel, a perennial herb common in French cooking, adds bright, lemony flavor to this salad. The red-veined variety is particularly pretty.

DRESSING

- 4 oil-packed anchovy fillets
- 1 medium clove garlic, minced
- ⅓ cup lemon juice
- 2 tablespoons champagne vinegar
- 1 tablespoon raw honey
- ½ cup extra-virgin olive oil, preferably Arbequina
- ¼ teaspoon sea salt
- Freshly cracked pepper to taste

SALAD

- 1 pound radishes, trimmed and very thinly sliced
- 2 cups packed small sorrel leaves *or* baby arugula
- 1 small shallot, very thinly sliced, rings separated
- ½ cup fresh basil, torn into small pieces
- ½ cup fresh tarragon, torn into small pieces
- ¼ teaspoon sea salt
- Freshly cracked pepper to taste
- ½ cup crumbled feta *or* soft goat cheese
- 4 teaspoons lemon zest
- 1 tablespoon finely grated fresh horseradish
- Piment d'Espelette for garnish

1. To prepare dressing: Combine anchovies, garlic, lemon juice, vinegar and honey in a blender; process until almost smooth. With the motor running, drizzle in oil through the feed tube and process until creamy. Season with ¼ teaspoon salt and pepper to taste.
2. To prepare salad: Combine radishes, sorrel (or arugula), shallot, basil and tarragon in a large mixing bowl. Season with salt and pepper. Gently toss with ½ cup of the dressing (reserve the remaining dressing for another use). Transfer to a serving bowl or platter. Top with feta (or goat cheese), lemon zest, horseradish and a sprinkle of Piment d'Espelette, if desired. Serve immediately.

SERVES 6: scant 1 cup each

CAL 148 / **FAT** 12G (SAT 3G) / **CHOL** 12MG / **CARBS** 7G / **TOTAL SUGARS** 4G (ADDED 1G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 331MG / **POTASSIUM** 271MG

Grilled Lamb Chops with Anchovy-Walnut Chimichurri

ACTIVE: 35 min
TOTAL: 35 min

Provence is famous for its lamb, particularly that raised in the town of Sisteron, where sheep graze on wild herbs and grasses. Look for racks with about 8 chops each that have been frenched, which means the meat has been cut away from the tips, exposing the bone.

LAMB

- 2 racks of lamb (about 1¼ pounds each), frenched
- ¾ teaspoon sea salt
- ¾ teaspoon ground pepper
- 2 teaspoons lemon zest
- ¼ cup extra-virgin olive oil

CHIMICHURRI

- ⅓ cup extra-virgin olive oil
- ¼ cup fresh mint
- ¼ cup fresh parsley
- 2 teaspoons lemon zest
- ¼ cup lemon juice
- 2 oil-packed anchovy fillets
- 1 small clove garlic
- ¼ cup Niçoise olives, pitted and coarsely chopped
- ¼ cup coarsely chopped walnuts
- ½ teaspoon crushed red pepper

1. Preheat grill to high.
2. To marinate lamb: Cut lamb between each bone into individual chops. Place on a rimmed baking sheet and season both sides with salt, pepper

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and lemon zest. Drizzle with ¼ cup oil. Let stand while you make the chimichurri.

3. To prepare chimichurri: Pulse oil, mint, parsley, lemon zest, lemon juice, anchovies and garlic in a food processor until it has a coarse, rustic texture. Transfer to a bowl. Stir in olives, walnuts and crushed red pepper.

4. To grill lamb: Grill the lamb chops 2 to 3 minutes per side for medium rare. Serve immediately with the chimichurri.

SERVES 8: 2 chops & 1½ Tbsp. chimichurri each

CAL 284 / **FAT** 23G (SAT 4G) / **CHOL** 52MG / **CARBS** 2G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 17G / **FIBER** 1G / **SODIUM** 334MG / **POTASSIUM** 264MG.

Seafood Paella with Spring Vegetables

ACTIVE: 1¼ hrs
TOTAL: 1 hr 35 min
EQUIPMENT: 13- to 14-inch paella pan

Provence is bordered by the Mediterranean Sea so there's bountiful seafood throughout the region. Despite the fact that it's best known as a Spanish dish, paella appears at Provençal farmers' markets, cooked up by vendors using the catch of the day.

- 6 tablespoons extra-virgin olive oil, divided
- 2 cups diced onion
- 1 cup diced fennel
- 3 medium tomatoes, grated on the large holes of a box grater (skins discarded)
- 4 cloves garlic, thinly sliced
- 2 tablespoons white-wine vinegar
- 1 teaspoon sea salt, divided
- ½ teaspoon ground pepper
- ½ teaspoon crushed red pepper
- Pinch of saffron
- 1 large fresh artichoke
- 1 cup Calasparra rice *or* other paella rice
- 2 cups seafood stock
- 1 cup green beans, trimmed and cut into 2-inch pieces
- 4 ounces squid bodies, sliced into rings
- 6-12 clams *and/or* mussels, scrubbed
- 8 ounces skinned monkfish (*see Tip, page 104*) *or* cod, cut into 1-inch-thick pieces

1. Heat 3 tablespoons oil in a 13- to 14-inch paella pan over medium-high heat. Add onion and fennel; cook, stirring often, until the onion is translucent, about 5 minutes. Add tomatoes, garlic, vinegar, ½ teaspoon salt, pepper, crushed red pepper and saffron. Reduce heat to maintain a simmer and cook, stirring occasionally, until the tomato liquid has evaporated, 20 to 25 minutes.

2. Meanwhile, clean artichoke (*see page 104*) Cut lengthwise into 6 wedges. Heat 2 tablespoons oil in a large skillet over medium heat until very hot but not smoking. Add the artichoke wedges; sprinkle with ⅛ teaspoon salt and cook until browned, about 2 minutes per side. Transfer to a plate.

3. Preheat oven to 375°F.

4. When the tomato liquid has evaporated, add rice to the paella pan, increase heat to medium and cook, stirring, for 2 minutes. Add stock. Turn on a second burner so both the front and rear burner on one side of the stove are on; bring to a boil over high heat.

5. Spread the rice evenly in the pan and nestle the artichokes and beans into it. Reduce heat to maintain a low simmer and cook for 10 minutes, rotating and shifting the pan around the burners periodically to help the rice cook evenly. Season squid with ⅛ teaspoon salt and place on the rice. Cook, without stirring but continuing to rotate the pan, for 5 minutes more.

6. Nestle clams and/or mussels into the rice with the open edges facing up. Season fish with the remaining ¼ teaspoon salt and place on top of the rice. Remove the paella from the heat and very carefully cover the pan with foil.

7. Transfer the pan to the oven and bake for 10 minutes. Let stand, covered, for 10 minutes before serving.

SERVES 6: 1⅓ cups each

CAL 354 / **FAT** 15G (SAT 2G) / **CHOL** 60MG / **CARBS** 38G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 16G / **FIBER** 5G / **SODIUM** 695MG / **POTASSIUM** 695MG

Chocolate-Covered Almond Cake

ACTIVE: 35 min
TOTAL: 3½ hrs (including cooling time)
TO MAKE AHEAD: Refrigerate syrup-soaked cake (Steps 1-5) for up to 1 day; refrigerate frosted cake for up to 1 day more. Let stand at room temperature for about 1 hour before serving.
EQUIPMENT: 9-inch springform pan, parchment paper

This dense almond cake looks deluxe, but can be whipped up in the time it takes to prepare a batch of cookies. A drizzle of dry sherry syrup adds complex, fruity flavors and results in an extra-moist cake.

CAKE

- 1½ cups Marcona almonds *or* lightly salted roasted almonds (8 ounces)
- ¾ cup coconut sugar *or* granulated sugar, divided
- 4 large eggs, at room temperature
- ¼ cup extra-virgin olive oil
- ⅓ cup almond flour
- ¼ cup low-fat milk
- 2 teaspoons grated lemon zest
- ½ teaspoon ground cinnamon

SYRUP

- 6 tablespoons dry sherry, preferably Pedro Ximenez
- ¼ cup coconut sugar *or* granulated sugar

GANACHE

- 6 ounces chopped bittersweet chocolate *or* bittersweet chocolate chips
- ½ cup heavy cream

1. Preheat oven to 350°F. Coat a 9-inch springform pan with cooking spray. Line the bottom with parchment paper.

2. To prepare cake: Process almonds and ¼ cup sugar in a food processor to the consistency of almond butter. Using a stand mixer with the whisk attachment, beat eggs on medium speed until fluffy, 1 to 2 minutes. Add ½ cup sugar and beat on high speed until pale in color and tripled in volume, 3 to 5 minutes. Add the almond mixture, then oil, then almond flour, then milk, mixing on medium speed after each addition until just incorporated before adding the next. Mix in lemon zest and cinnamon. Scrape the batter into the prepared pan.

3. Bake the cake until a tester inserted in the center comes out with just a few crumbs attached, 35 to 40 minutes. Run a thin knife around the edge of the pan and remove the sides. Let the cake cool on a wire rack for 30 minutes. Invert onto the rack and remove the pan bottom. Put a large rimmed baking sheet below the rack.

4. To prepare syrup: Meanwhile, cook sherry and sugar in a small saucepan over medium heat, stirring occasionally, until the sugar is dissolved, 2 to 3 minutes. Remove from heat.

5. Poke several holes in the bottom (now top) of the cake with a fork. Brush with half of the syrup. Let the cake absorb the first layer then brush with the remaining syrup. When cool, cover with plastic and let stand for 1 hour or up to 1 day.

6. To prepare ganache: Place chocolate in a medium heatproof bowl. Heat cream in a small saucepan over medium-high heat until just boiling. Pour the cream over the chocolate and let stand for 5 minutes. Gently stir to combine. Let stand for 30 minutes to thicken.

7. Carefully transfer the cake to a serving plate, leaving the now top side up. Frost with the cooled ganache.

SERVES 16: 1 slice each

CAL 280 / **FAT** 19G (SAT 5G) / **CHOL** 57MG / **CARBS** 26G / **TOTAL SUGARS** 21G (ADDED 20G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 100MG / **POTASSIUM** 135MG.

PAGES 68-75

MEXICO CITY

Bean Tlacoyos

ACTIVE: 1 hr
TOTAL: 1¼ hrs
EQUIPMENT: Rolling pin or tortilla press

Tlacoyos are made fresh on the sidewalks of Mexico City, often on charcoal-fired grills. Fresh tortilla masa works best, but if you can't find it, masa harina is a good substitute. Look for fresh tortilla masa and cactus paddles at Mexican grocery stores.

- 1 small white onion
- 1 teaspoon corn oil *or* sunflower oil
- 1 medium clove garlic, peeled

- 1⅓ cups cooked black beans *or* one 15-ounce can low-sodium black beans, rinsed
- 1½ cups warm water, plus more as needed
- ¾ teaspoon kosher salt, divided
- 2 medium fresh cactus paddles (*nopales*; about 8 ounces), cleaned *(see Tip, page 104)* and diced, *or* one 15-ounce jar pickled cactus strips
- 1½ cups masa harina *or* 1 pound fresh tortilla masa
- 1 cup crumbled *queso fresco or* other farmer's-style cheese
- 1 cup chopped fresh cilantro
- ½ cup salsa

1. Peel and quarter onion. Finely chop three-quarters of it and set aside.

2. Heat oil in a medium skillet over medium heat. Add the remaining onion wedge and garlic. Cook, turning often, until blistered and golden brown in spots, about 5 minutes. Remove the onion and garlic and discard.

3. Add beans, ¼ cup water and ¼ teaspoon salt. (Use caution, it may splatter.) Coarsely mash the beans with a potato masher. Add more water by the tablespoon and keep mashing until half the beans are smooth. Set aside.

4. If using fresh cactus, cook in a medium saucepan of boiling water until tender, 3 to 5 minutes. Drain and rinse well with cold water. Set aside.

5. Combine masa harina and the remaining ½ teaspoon salt in a large bowl. Add 1 cup water and knead together until combined, then add ¼ cup more water. Knead for 5 minutes, adding up to ¼ cup more water, to form a very soft, moist dough. To test if it's moist enough, break off a piece, roll it into a ball and flatten it. If the edges crack, add more water and knead until combined. (If using fresh masa: Place in a large bowl and sprinkle with a few tablespoons water. Knead firmly, adding a little more water if necessary, until very soft and creamy.)

6. Divide the dough into 8 portions, about ¼ cup each, and cover with a damp cloth. Roll one piece of dough into a ball. Place between 2 sheets of plastic wrap and roll into a 5-inch circle with a rolling pin or very lightly press with a plastic wrap–lined tortilla press.

7. Remove the top layer of plastic and spread about 1½ tablespoons of the beans down the center of the dough. Using the bottom sheet of plastic to help you, fold both sides of the dough toward the center to enclose the filling. Pinch the seam closed. Place between sheets of plastic or return to the lined tortilla press. Roll or gently flatten into a ¼-inch-thick oval patty. Repeat with the remaining dough and beans.

8. Heat a large skillet or griddle over medium-high heat. When hot, reduce heat to medium and cook 2 tlacoyos at a time until the sides look slightly dry, 2 to 4 minutes. Flip and cook until the second side is golden brown, 2 to 4 minutes more, adjusting the heat as necessary. Place in a clean dish towel and wrap tightly to keep warm.

9. Serve the tlacoyos warm, topped with the reserved onion and cactus (or pickled cactus), cheese, cilantro and salsa.

SERVES 8: 1 tlacoyo each

CAL 195 / **FAT** 5G (SAT 2G) / **CHOL** 11MG / **CARBS** 30G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 9G / **FIBER** 6G / **SODIUM** 342MG / **POTASSIUM** 292MG.

Ancho Chile Quesadillas

ACTIVE: 35 min
TOTAL: 45 min

Rehydrated dry chiles often have more intense and multidimensional flavors than fresh. Ancho chiles (dried poblanos) are fruity and mildly spicy. They are front-and-center in these quesadillas stuffed with nutty Gruyère cheese. Find dried anchos in well-stocked supermarkets, at Mexican grocers or online.

- 4 dried ancho chiles (about 2 ounces)
- 1¼ cups grated Gruyère cheese
- 1¼ cups grated Monterey Jack cheese
- 12 5-inch corn tortillas
- Lime wedges *and/or* salsa for serving

1. Remove stems and seeds from chiles. Place the chiles in a bowl, cover with warm water and soak until softened, about 15 minutes. Drain, pat dry and coarsely chop.

2. Combine Gruyère and Jack cheeses in a bowl.

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3. Heat a large skillet over medium-high heat. Briefly heat tortillas in the pan, turning once, until warm. Keeping the rest wrapped tightly in a clean dish towel, lay 4 tortillas at a time out on a clean cutting board. Sprinkle 1 tablespoon cheese on half of each tortilla. Top with about 2 teaspoons of the chiles, then sprinkle with another tablespoon cheese. Fold closed. Repeat with the remaining tortillas, cheese and chiles.
4. Cook 4 quesadillas at a time in the pan over medium heat until crisp and golden on both sides, 3 to 5 minutes total. Cover to keep warm while you cook the next 2 batches. Serve immediately with lime wedges and/or salsa, if desired.

SERVES 4: 3 quesadillas each

CAL 424 / **FAT** 25G (SAT 13G) / **CHOL** 69MG / **CARBS** 32G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 24G / **FIBER** 7G / **SODIUM** 468MG / **POTASSIUM** 466MG.

Caldo Tlalpeño

ACTIVE: 1¼ hrs
TOTAL: 1½ hrs
TO MAKE AHEAD: Refrigerate for up to 3 days.

Chipotle-laced broth and thick chunks of corn on the cob are featured in this smoky chicken soup. The secret to the great flavor is cooking the vegetables in the broth that's made from cooking the chicken. Serve the soup with warm corn tortillas.

- 3 pounds bone-in chicken drumsticks and thighs, with skin
- ¼ medium white onion plus 1 diced medium white onion, divided
- 10 cups water, plus more as needed
- 4 teaspoons kosher salt, divided
- 2 ears corn, husked
- 1 pound russet potatoes, cut into 1-inch pieces
- 2 medium carrots, cut into 1-inch pieces
- 2 medium chayote squash *or* yellow summer squash, cut into 1-inch pieces
- 2 cups green beans (1½-inch pieces)
- 1 medium zucchini, halved lengthwise and sliced into ½-inch pieces
- 1 tablespoon corn oil
- 2 large plum tomatoes, diced
- 8 cremini (baby bella) mushrooms, sliced
- 2 tablespoons chopped chipotles in adobo sauce
- 15 fresh epazote leaves, chopped (optional)

1. Place chicken and ¼ onion in a large pot. Add 8 cups water and 2 teaspoons salt. Bring to a boil and skim off any foam from the surface. Reduce heat to a gentle simmer, cover and cook until the chicken is just cooked through but not yet pulling away from the bone, about 20 minutes. Remove the chicken to a bowl; discard the onion. Reserve the broth.
2. Meanwhile, place corn, potatoes, carrots and squash in a 10- to 12-quart stockpot.
3. Set aside ¼ cup broth. Add enough water to the remaining broth to equal 10 cups and add to the stockpot with the vegetables. Add the remaining 2 teaspoons salt. Cover and bring to a boil over high heat. Add green beans. Reduce heat to maintain a simmer; cover and cook until the vegetables are slightly tender but not completely cooked, 8 to 10 minutes. Add zucchini. Remove from heat and add the chicken; cover to keep warm.
4. Heat oil in a large skillet over medium heat. Add diced onion and cook, stirring often, until translucent, 4 to 6 minutes. Add tomatoes and cook until softened, about 3 minutes. Stir in mushrooms and the reserved ¼ cup broth; bring to a simmer. Reduce heat to medium-low, cover and cook, stirring occasionally, until the mushrooms are tender, about 10 minutes. Stir in chipotles. Transfer the mixture to the stockpot and stir to combine. Add epazote leaves (if using). Cover and cook the soup over medium-low heat until the vegetables are tender, about 10 minutes more. Serve the soup in large deep bowls.

SERVES 10: 2⅕ cups each

CAL 258 / **FAT** 11G (SAT 3G) / **CHOL** 60MG / **CARBS** 20G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 21G / **FIBER** 3G / **SODIUM** 542MG / **POTASSIUM** 685MG.

Chicken Mole Almendrado

ACTIVE: 1¾ hrs
TOTAL: 1¾ hrs
TO MAKE AHEAD: Refrigerate for up to 3 days; thin mole with a little chicken stock before reheating.

This rich, velvety mole sauce, thickened with nuts, is native to Mexico City's San Pedro Atocpan neighborhood, where it's often served draped over chicken. To make it at home, you'll need a blender and a fine-mesh strainer. Find the dried chiles and Mexican cinnamon, also known as true cinnamon, online and at Mexican grocers. Be careful not to burn the chiles or raisins when frying or the sauce will taste bitter.

- 5 bone-in chicken thighs, with skin
- 5 bone-in chicken drumsticks, with skin
- 6 cups water
- 1 small carrot, coarsely chopped
- ¼ medium white onion
- 4 cloves garlic, peeled, divided
- 2½ teaspoons salt, divided
- 5 ancho chiles
- 3 dried mulato chiles
- 3 dried pasilla chiles
- 2 dried chipotle chiles
- 1 2-inch piece Mexican cinnamon
- 3 whole cloves
- 2 allspice berries
- 1¼ teaspoons aniseed
- 1 teaspoon cumin seeds
- 7 raw unsalted almonds
- 5 raw unsalted pecans
- 5 raw unsalted hazelnuts
- 2 tablespoons sunflower oil plus 7 teaspoons, divided
- 6 tablespoons raw unsalted peanuts
- 2 day-old corn tortillas

PENNY DE LOS SANTOS

- 1 small day-old dinner roll, cut in half (about 2 ounces)
- 1 tablespoon raisins
- 1½ ounces Mexican chocolate, such as Taza or Rancho Gordo, coarsely chopped

1. Trim any excess chicken skin or fat. Place the chicken in a large pot. Add water, carrot, onion, 1 clove garlic and 1 teaspoon salt. Bring to a boil and skim off any foam from the surface. Reduce heat to a simmer, cover and cook until the chicken is just cooked through, about 25 minutes. Remove the chicken to a large bowl. Let cool slightly; discard the skin and refrigerate. Strain and reserve the stock for the mole.

2. Snip stems off chiles, cut them open and remove the seeds. Set aside.

3. Toast cinnamon stick, cloves, allspice, aniseed and cumin in a small dry skillet over low heat, stirring often, until very aromatic, 1 to 3 minutes. Transfer to a medium bowl.

4. Add almonds, pecans and hazelnuts to the pan; toast, stirring often, until golden brown in spots, 2 to 4 minutes. Coarsely chop and add to the spices.

5. Heat 1 tablespoon oil in a medium skillet over medium heat. Add about half the chiles and cook, stirring, until very aromatic and the skins puff slightly, 1 to 2 minutes. Remove to a plate. Add 2 teaspoons oil and repeat with the remaining chiles. Remove to the plate.

6. Wipe out the pan and heat 2 teaspoons oil over medium heat. Add peanuts and cook, stirring, until golden brown in spots, 1 to 2 minutes. Transfer to the bowl with the spices.

7. Wipe out the pan and heat 2 teaspoons oil over medium heat. Cook tortillas, one at a time, until golden, about 1 minute per side. Transfer to the bowl. Cook dinner roll, turning once, until golden brown in spots, 1 to 2 minutes per side. Coarsely chop and add to the bowl.

8. Wipe out the pan and heat 1 teaspoon oil over low heat. Add raisins and cook, stirring, until the skins puff up, 25 to 30 seconds.

9. Coarsely chop the remaining 3 cloves garlic and place in a blender. Crumble the toasted chiles into the blender; pulse until finely chopped. Add the spices and nuts, tortillas, bread and raisins. Add 3 cups of the reserved stock. Blend into a very thick puree, stirring as needed to release any air pockets.

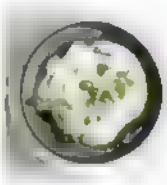
10. Strain the puree through a fine-mesh sieve into a medium bowl, pressing on the solids and scraping the underside of the sieve to extract as much as possible.

11. Scrape the remaining pulp from the sieve back into the blender. Add 1 cup stock and blend again into a thick puree. Strain into the same bowl. Repeat twice more, using 1 cup additional stock with each batch. The sauce should be the consistency of gravy; add additional broth or water, if necessary. Discard the remaining pulp in the sieve.

12. Heat the remaining 1 tablespoon oil in the large pot over medium heat. Carefully add the sauce and cook, stirring, until hot, about 2 minutes. Stir in chocolate and the remaining 1½ teaspoons salt. Add the chicken, turning to coat with the sauce. Cover and cook until the chicken is hot, 5 to 10 minutes. Serve the chicken with some of the sauce.

SERVES 5: 1 drumstick, 1 thigh & ½ cup sauce each (plus leftover sauce)

CAL 377 / **FAT** 21G (SAT 4G) / **CHOL** 90MG / **CARBS** 18G / **TOTAL SUGARS** 4G (ADDED 3G) **PROTEIN** 31G / **FIBER** 5G / **SODIUM** 400MG / **POTASSIUM** 635MG



Scallop Aguachile with Coconut

ACTIVE: 35 min
TOTAL: 35 min
TO MAKE AHEAD: Refrigerate the coconut sauce (Steps 1-2) for up to 2 days.

Aguachile, a seafood ceviche popular all over Mexico, is usually made with an acidic, searingly spicy sauce. This one has a twist: young coconut and lemon juice create a mellower dish. Young Thai coconuts contain lots of sweet water and tender, custard-like meat that blend right into the sauce. Look for them in some large supermarkets and Asian grocery stores.

- 1 young Thai coconut
- 1 serrano chile, thinly sliced, divided
- 1 cup coarsely chopped peeled cucumber
- 3 tablespoons lemon juice
- 2 tablespoons lime juice
- 2 ice cubes
- ¾ teaspoon kosher salt, divided
- 1 pound dry sea scallops (16 to 20; *see Tip, page 92*), very thinly sliced crosswise
- ¼ small red onion, slivered
- ½ cup fresh cilantro

1. Place coconut on its side on a cutting board. Carefully carve off the outer white layer of the husk from around its pointed end, exposing the brown shell beneath. Turn the coconut upright so it's resting flat. Carefully use the heel of a cleaver or large knife to gently hack into the shell, then pry the top open, keeping the coconut upright so you keep all the coconut water inside.

2. Drain the coconut water through a fine-mesh sieve into a blender. Using a spoon or ice cream scoop, scoop the soft coconut meat into the blender. Add one-fourth of the chile slices, cucumber, lemon juice, lime juice, ice cubes and ½ teaspoon salt; blend until completely combined and no longer grainy. (This will take several minutes.) If the consistency is still a little grainy, pour the sauce through the sieve into a medium bowl.

3. Divide scallop slices among 6 plates. Sprinkle with the remaining ¼ teaspoon salt and spoon about ⅓ cup of the coconut sauce over each portion. Garnish with the remaining sliced chile, onion and cilantro. Serve cold.

SERVES 6: 2 oz. scallops & ⅓ cup sauce each

CAL 136 / **FAT** 7G (SAT 6G) / **CHOL** 18MG / **CARBS** 8G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 10G / **FIBER** 2G / **SODIUM** 469MG / **POTASSIUM** 368MG.

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TIP: We prefer "dry" sea scallops because they aren't treated with STP (sodium tripolyphosphate). The untreated scallops are more flavorful and have a better texture.

Chocolate de Agua

ACTIVE: 10 min
TOTAL: 10 min

Dark, bittersweet hot chocolate—made with water, not milk—is enjoyed in Mexico City as an alternative to coffee. It's prepared with a special Mexican chocolate that usually contains cinnamon, ground almonds and vanilla. Look for high-quality brands, such as Taza, Hernán, Rancho Gordo or Seasons of My Heart, which are sold in hockey puck–size disks. To create the classic foam, you can use a blender, a whisk or a wooden instrument called a molinillo and a tall, heatproof pitcher, such as a chocolatera. Both are available online.

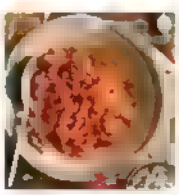
- 3½ cups water
- 4 ounces high-quality Mexican chocolate, chopped

1. Bring water to a boil in a medium saucepan. Add chocolate, reduce heat to medium and stir until the chocolate is melted, 1 to 2 minutes. Pour into a heatproof pitcher. Using a molinillo (or large whisk) between your palms, quickly roll back and forth until foamy.

2. Pour into mugs. Serve hot, frothing with the molinillo (or whisk) again to add more foam, if desired.

SERVES 4: about 1 cup each

CAL 121 / **FAT** 4G (SAT 2G) / **CHOL** 0MG / **CARBS** 22G / **TOTAL SUGARS** 20G (ADDED 20G) / **PROTEIN** 1G / **FIBER** 1G / **SODIUM** 7MG / **POTASSIUM** 115MG.



Roasted Three-Chile Salsa

ACTIVE: 30 min
TOTAL: 30 min
TO MAKE AHEAD: Refrigerate for up to 1 week.

Salsas are the traditional accompaniment to any Mexican meal, and they're eaten on everything. This hot salsa is typically made in a large molcajete (lava-rock mortar and pestle), but this recipe calls for a food processor or blender. If you have a molcajete, feel free to use it instead. If you can't find the bright orange manzano chiles, sold at Mexican grocery stores, double the amount of jalapeño (or for a hotter salsa, double the habanero).

- 5 medium plum tomatoes
- 1 manzano chile
- 1 jalapeño chile
- 1 habanero chile
- 1 large clove garlic, unpeeled
- 1 teaspoon kosher salt

1. Heat a large skillet over medium-high heat. Place tomatoes and chiles in the center and garlic at the edge. Cook, turning occasionally, until softened and charred in spots, 8 to 12 minutes. Transfer to a bowl to cool.

2. Wearing disposable gloves to protect your hands, peel the chiles. Remove the black seeds from the manzano and the stems from the others.

3. Peel and coarsely chop the chiles and garlic. Transfer to a food processor or blender and pulse just until chunky. Transfer to a medium bowl. Core the tomatoes and coarsely chop, then pulse in the food processor or blender until chunky. Add to the bowl and stir in salt.

MAKES: about 2 cups (¼-cup serving)

CAL 14 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 3G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 1G / **SODIUM** 142MG / **POTASSIUM** 98MG.

PAGES 76-84

MARIN COUNTY

Ricotta Gnocchi with Spring Vegetables

ACTIVE: 1 hr 20 min
TOTAL: 1 hr 20 min
TO MAKE AHEAD: Freeze uncooked gnocchi (Steps 1–3) for up to 1 month.
EQUIPMENT: Parchment paper

For the lightest, most tender gnocchi, use a good-quality ricotta like Bellwether Farms or Calabro and gently but thoroughly pat it dry after draining to remove any extra liquid.

RICOTTA GNOCCHI

- Semolina flour for dusting
- 1 cup sheep's-milk or other whole-milk ricotta cheese
- ½ cup finely grated Parmesan cheese plus ½ cup shaved, divided
- 1½ teaspoons kosher salt, divided
- ¾–1¼ cups all-purpose flour
- 1 large egg
- 1 large egg yolk

SPRING VEGETABLE SAUCE

- 1 cup shelled fresh fava beans (about 2 pounds unshelled) or frozen lima beans (thawed)
- 1 tablespoon extra-virgin olive oil
- 4 cups halved and thinly sliced leeks (about 2 small)
- 1½ cups sliced asparagus
- 1 cup peas, fresh or frozen (thawed)
- 2 cups low-sodium vegetable or chicken broth
- ½ teaspoon kosher salt
- ⅛ teaspoon ground pepper
- 4 tablespoons unsalted butter
- 1 tablespoon chopped fresh basil or tarragon
- 1 tablespoon chopped flat-leaf parsley

1. To prepare gnocchi: Line a large rimmed baking sheet with parchment paper and generously dust with semolina flour.

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2. Drain ricotta and pat dry with paper towels. Combine the ricotta, grated Parmesan and ½ teaspoon salt in a large bowl; add ¾ cup flour and stir until just combined. Whisk egg and egg yolk in a small bowl and stir into the ricotta mixture until loosely combined. Generously dust a work surface with all-purpose flour and turn the dough out onto it. Gently knead the dough with floured hands; if it seems very wet and sticky, work in more flour, 2 tablespoons at a time, gently folding it over and continuing to dust the surface underneath until you're able to form it into a 3-by-6-inch log.

3. With a floured knife, cut the log crosswise into 4 equal pieces. Starting at the center of the dough and pressing lightly with your fingers, roll each portion into a ¾-by-15-inch rope, gently pulling and stretching the dough as you roll. Cut into ½-inch pieces and place on the prepared baking sheet. Place in the freezer until the gnocchi are frozen, about 30 minutes. (If making ahead, transfer to a sealable bag once frozen. Do not defrost before boiling.)

4. To prepare sauce: If using fresh fava beans, bring a medium saucepan of water to a boil. Add the shelled beans and cook for 30 seconds. Drain well. Remove the "cap" at the top and slip each bean out of its waxy coating.

5. Heat oil in a large skillet over medium-low heat. Add leeks and cook, stirring occasionally, until very soft, 6 to 8 minutes. Stir in asparagus, peas and the favas (or lima beans). Add broth, ½ teaspoon salt and pepper. Bring to a boil over high heat. Cook, stirring often, until the asparagus is almost tender, about 2 minutes. Remove from heat and set aside.

6. To cook gnocchi: Bring a large pot of water to a boil. Add the remaining 1 teaspoon salt and drop in the frozen gnocchi. Cook, stirring gently, for 4 to 5 minutes. As the gnocchi float to the top, scoop them into a large bowl with a slotted spoon.

7. Reheat the sauce, if necessary, and stir in butter, basil (or tarragon) and parsley. Pour the sauce over the gnocchi; gently stir to combine. Serve topped with shaved Parmesan.

SERVES 6: ½ cup gnocchi & ¾ cup sauce each

CAL 445 / **FAT** 21G (SAT 11G) / **CHOL** 115MG / **CARBS** 44G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 21G / **FIBER** 10G / **SODIUM** 576MG / **POTASSIUM** 579MG

Point Reyes Toma Frico with Pea Puree

ACTIVE: 35 min
TOTAL: 35 min
TO MAKE AHEAD: Store fricos (Steps 1-2) airtight at room temperature for up to 1 day. Refrigerate pea puree (Steps 3-4) for up to 1 day. **EQUIPMENT:** Silicone baking mat, mini food processor

A frico is a cheese crisp that can be eaten plain or topped like a cracker. These are made with Point Reyes Toma cheese, which is nutty, creamy, buttery and worth seeking out.

FRICOS

- **2 cups shredded Point Reyes Toma cheese, aged Gouda or Manchego cheese**
- **Cayenne pepper (optional)**

PEA PUREE

- **1 cup peas, fresh or frozen**
- **¼ cup extra-virgin olive oil**
- **2 tablespoons fresh mint**
- **1 tablespoon lemon juice**
- **¼ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **Microgreens for garnish**

1. To prepare fricos: Preheat oven to 375°F. Line a large rimmed baking sheet with a silicone baking mat.

2. Mound 12 heaping tablespoonfuls of cheese 1 to 1½ inches apart on the prepared baking sheet. Spread each mound out slightly to an even 2-inch round. Sprinkle lightly with cayenne (if using). Bake until the cheese is melted, lightly browned and crisp on the edges, 10 to 15 minutes. Let cool for 2 minutes, then transfer to a wire rack until completely crisp, about 10 minutes.

3. To prepare pea puree: Meanwhile, bring a large pot of water to a boil. Add peas and cook until bright green and tender, 2 to 3 minutes. Drain and rinse well with cold water.

4. Transfer the peas to a blender or mini food processor; add oil, mint, lemon juice, salt and pepper and process until smooth.

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5. To serve, top each frico with about 1 tablespoon pea puree. Garnish with microgreens, if desired

SERVES 6: 2 fricos each

CAL 203 / **FAT** 17G (SAT 7G) / **CHOL** 27MG / **CARBS** 5G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 1G / **SODIUM** 235MG / **POTASSIUM** 73MG.

Broiled Oysters with Slow-Roasted Tomato Butter

ACTIVE: 45 min
TOTAL: 3 hrs
TO MAKE AHEAD: Refrigerate roasted tomatoes (Steps 1-2) or tomato butter (Steps 1-3) for up to 1 week or freeze for up to 6 months. **EQUIPMENT:** Parchment paper, mini food processor

Saltwater, a restaurant in Inverness, serves these broiled oysters. With this recipe, you'll end up with more roasted tomatoes and compound butter than you'll need for the oysters. Use the extra on pasta salad, tucked into sandwiches and on grilled steaks, chicken or fish.

ROASTED TOMATO BUTTER

- **2 pounds plum tomatoes, halved lengthwise**
- **2 tablespoons fresh thyme**
- **2 tablespoons extra-virgin olive oil**
- **2 teaspoons sea salt**
- **2 cloves garlic, very thinly sliced**
- **1 tablespoon port**
- **8 tablespoons (1 stick) unsalted butter, softened**
- **2 tablespoons chopped fresh basil**
- **1 tablespoon red-wine vinegar**
- **¼ teaspoon freshly ground pepper**

OYSTERS

- **2 dozen fresh oysters**
- **Rock salt (optional)**

1. To roast tomatoes: Line a large rimmed baking sheet with parchment paper. Preheat oven to 300°F

2. Toss tomatoes in a bowl with thyme, oil and sea salt. Arrange on the prepared baking sheet, cut-side down. Roast for 1½ hours. Turn each tomato cut-side up, top with garlic and roast until the tomatoes are slightly shriveled and browned at the edges, 30 to 45 minutes more. When cool enough to handle, remove and discard the tomato skins

3. To prepare tomato butter: Combine ¼ cup of the roasted tomatoes and garlic with port in a mini food processor; pulse until pureed, scraping down the sides as needed. Add butter, basil, vinegar and pepper. Process until well combined. Leave at room temperature if using right away. (Otherwise, refrigerate for up to 1 week or freeze for up to 6 months. Refrigerate the remaining roasted tomatoes, covered with a layer of olive oil, for up to 1 week or freeze for up to 6 months.)

4. To prepare oysters: Position an oven rack about 4 inches from the broiler; preheat broiler to high.

5. Spread a layer of rock salt (or a layer of crumpled foil) on a large rimmed baking sheet to keep the oysters level. Shuck oysters, leaving them on the half shell. Nestle the oysters, in their shells, in the salt (or foil). Top each oyster with ½ teaspoon of the tomato butter. Broil, watching closely, until the butter is bubbling and the edges of the oysters begin to curl, 5 to 10 minutes, depending on the size of the oysters.

SERVES 8: 3 oysters each

CAL 53 / **FAT** 4G (SAT 2G) / **CHOL** 18MG / **CARBS** 3G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 0G / **SODIUM** 95MG / **POTASSIUM** 63MG.

Fennel Pollen & Balsamic-Glazed Pork Tenderloin with Braised Fennel

ACTIVE: 1 hr
TOTAL: 5½ hrs (including 4 hrs brining time) **TO MAKE AHEAD:** Brine pork (Step 1) for up to 12 hours.

Fragrant fennel, which grows wild throughout Marin County, does quadruple duty in this recipe—fennel seed flavors the brine, there's fennel pollen in the glaze, the pork roasts on a bed of fresh fennel and the fronds garnish the dish.

PORK

- 1 tablespoon fennel seed
- 6 cups cold water
- ¼ cup kosher salt
- ¼ cup dark brown sugar
- 2 1-pound pork tenderloins, trimmed
- ¼ cup balsamic vinegar
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 2 teaspoons fennel pollen *(see Tip, page 104)*
- 2 tablespoons canola oil

FENNEL

- 4 medium fennel bulbs (about 10 ounces each), trimmed, fronds reserved
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon kosher salt, divided
- ½ teaspoon ground pepper, divided
- 1 cup low-sodium chicken stock

1. To brine pork: Toast fennel seed in a dry medium skillet over medium heat until fragrant, 2 to 3 minutes. Transfer to a mixing bowl. Add water, ¼ cup salt and brown sugar, stirring until the salt and sugar are dissolved. Put pork in a large sealable plastic bag and add the brine. Refrigerate for 4 hours or up to 12 hours.

2. To prepare fennel: About 30 minutes before you cook the pork, position a rack in lower third of oven; preheat to 400°F.

3. Cut each fennel bulb lengthwise into 6 wedges. Heat 1 tablespoon oil in a large skillet over medium heat. Add half the fennel wedges, cut-side down; sprinkle with ¼ teaspoon each salt and pepper. Cook until golden brown, 4 to 5 minutes per side. Transfer the fennel to a medium roasting pan. Repeat with the remaining fennel, oil, salt and pepper. Transfer to the roasting pan and pour in stock. Roast for 20 minutes.

4. To prepare pork: Meanwhile, remove the pork from the brine. (Discard brine.) Pat dry. Combine vinegar, honey, mustard and fennel pollen in a small bowl.

5. Heat canola oil in the large skillet over medium-high heat. Add the pork and cook, turning often, until browned on all sides, about 8 minutes total.

6. Remove the fennel from the oven. Place the pork on top of it and brush with about half of the balsamic glaze. Return to the oven and roast until the fennel is tender and the pork registers 140°F on an instant-read thermometer, 15 to 20 minutes.

7. Remove the pork to a clean cutting board and let rest for 10 minutes. Transfer the fennel to a serving platter; tent with foil to keep warm. Pour the liquid from the roasting pan into a small saucepan and add the remaining glaze. Bring to a boil and cook until reduced to about ½ cup, about 5 minutes.

8. Slice the pork ½ inch thick. Arrange on the platter with the fennel. Drizzle with the glaze and garnish with chopped fennel fronds, if desired.

SERVES 8: 3 oz. pork & ¾ cup fennel each

CAL 253 **FAT** 10G (SAT 2G) / **CHOL** 70MG / **CARBS** 15G / **TOTAL SUGARS** 10G (ADDED 5G) / **PROTEIN** 25G / **FIBER** 3G / **SODIUM** 478MG **POTASSIUM** 898MG

Little Gem Wedge Salad with Blue Cheese & Herb Dressing

ACTIVE: 30 min
TOTAL: 30 min

TO MAKE AHEAD: Refrigerate dressing (Step 1) for up to 5 days.

Little Gem lettuce is like a cross between romaine and butterhead. It's perfect for making an updated take on the wedge salad. If you can't find Little Gem, use half a romaine heart for each serving. You can order Point Reyes Original blue cheese online from pointreyescheese.com or substitute another raw-milk blue cheese.

BLUE CHEESE & HERB DRESSING

- ¾ cup crumbled Point Reyes Original blue cheese
- ⅔ cup whole-milk plain Greek yogurt
- ¼ cup extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped flat-leaf parsley
- 1 tablespoon chopped fresh oregano
- 1 medium clove garlic
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper

SALAD

- 6 heads Little Gem lettuce
- ½ cup crumbled Point Reyes Original blue cheese
- 3 pieces bacon, cooked and crumbled
- 2 scallions, thinly sliced on the diagonal

1. To prepare dressing: Place ¾ cup blue cheese, yogurt, oil, vinegar, mustard, parsley, oregano, garlic, salt and pepper in a blender or food processor. Blend until almost smooth.

2. To prepare salad: Cut each head of lettuce in half lengthwise and place on a large salad plate. Dollop 2 tablespoons of the dressing over each serving and top with more blue cheese, bacon and scallions. Serve with extra dressing on the side, if desired.

SERVES 6: 2 cups each

CAL 169 / **FAT** 13G (SAT 6G) / **CHOL** 20MG / **CARBS** 5G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 8G **FIBER** 2G / **SODIUM** 372MG / **POTASSIUM** 344MG.

Baked Strawberry Custards

ACTIVE: 25 min
TOTAL: 1 hr
EQUIPMENT: Eight 8- to 10-ounce baking dishes

Sour cream gives these pretty baked custards richness and tang. California strawberry season runs April through June, but feel free to substitute whatever berries you can get your hands on.

- 4 cups trimmed and quartered small-to-medium strawberries
- 8 tablespoons granulated sugar, divided
- ½ cup all-purpose flour
- ¾ teaspoon salt
- 3 large eggs
- 1½ cups sour cream
- 4 tablespoons unsalted butter, melted
- 1½ teaspoons orange zest

1. Preheat oven to 400°F. Place eight 1- to 2-inch-deep individual baking dishes on a large rimmed baking sheet and coat with cooking spray.

2. Toss strawberries with 1 tablespoon sugar in a medium bowl.

3. Whisk the remaining 7 tablespoons sugar, flour and salt in another medium bowl. Add eggs and whisk to combine. Whisk in sour cream, butter and orange zest until combined.

4. Divide the berries among the prepared baking dishes. Top with equal portions of the custard.

5. Bake until puffed and just starting to brown, 20 to 25 minutes. Let cool 10 minutes. Serve warm.

SERVES 8: 1 custard each

CAL 251 / **FAT** 15G (SAT 8G) / **CHOL** 104MG / **CARBS** 26G / **TOTAL SUGARS** 18G (ADDED 13G) / **PROTEIN** 5G / **FIBER** 2G / **SODIUM** 263MG / **POTASSIUM** 215MG.

THE TRAVEL ISSUE

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–Breana Lai, M.P.H., R.D.

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L[illegible]our slow cooker is your sa[illegible]or: Cuisinart Cook Central Multicooker (6-quart, $159). Many slow-cooker recipes require browning meat in a different pan on the stove first. But with this one, you can avoid getting another pan dirty and sauté straight in the multicooker before setting it to slow cook. You can also roast a whole chicken, steam broccoli or bake cornbread
WHAT IT DOES:
Slow Cook, Sauté, Steam, Bake

If you're a speed demon: Fagor Lux Multicooker (6-quart, $130). In addition to pressure-cooking unsoaked dry beans in 20 minutes or making green bean casserole in 4 minutes, this multicooker has specific settings for risotto, brown rice and yogurt. Plus it has an easy-to-use control panel and a release valve that keeps your fingers at a safe distance from the steam.
WHAT IT DOES:
Slow Cook, Sauté, Steam, Simmer, Ferment, Pressure Cook

For the multi-tasking maven: Tiger JKT-S18U Multi-Functional Induction Heating Rice Cooker (10-cup, $350; *pictured*). Cook rice or grains while steaming fish, meat or vegetables in the "cooking plate" insert with the synchro-cooking setting. Your whole meal done! It also has fermentation and bread functions with the ideal temperatures for rising and baking
WHAT IT DOES:
Slow Cook, Sauté, Steam, Simmer, Ferment, Bake, Rice & Grains

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Get Bowled Over

TOO BUSY FOR A HOT BREAKFAST? AMERICANS' EASY ANSWER IS CEREAL. WE BUY MORE THAN 2 BILLION BOXES OF THE STUFF EVERY YEAR. HERE'S HOW TO PICK A HEALTHY ONE. BY JULIA WESTBROOK

Breakfast-cereal eaters are more likely to hit their recommended daily requirement for fiber (25 to 38 grams for adults, depending on age and gender), according to a 2014 scientific review. Some brands boost fiber counts with inulin, aka chicory root, which is similar to the quality of the fiber you'd get from grain. But eating whole grains can have additional benefits, such as lower BMI and improved cholesterol levels. For the best cereal, look for whole grains as an ingredient at the top of the list. (All of our picks have a whole grain listed first.)

You may also see unfamiliar additives on the nutrition label. One is the preservative BHT. While considered safe by the FDA, it has been linked with cancer in some studies and lands on approach-with-caution lists by watchdog groups (even when it's just in the packing, as it can migrate into food). A replacement for BHT is mixed tocopherols (vitamin E), a preservative that gets safer ratings.

One more common ingredient to watch for is barley malt extract. That's just another name for sugar—don't let the word "barley" confuse you—and it could mean you're getting more sugar than you're aiming for (see our sugars cap, above).

Numbers to Look For

Per ¾-cup serving

Fiber	≥ 3g
Sodium	≤ 200mg
Sugars*	≤ 7 g

*Our sugars cap for cereals made with raisins or dates is 16g to account for their natural sugars. Dried cranberries and dehydrated fruits contain very little natural sugar, so this higher parameter does not apply to these cereals.

Our Picks

- Kashi Organic Sprouted Grains
- Kellogg's Raisin Bran
- Wheaties
- Trader Joe's Triple Berry O's
- 365 Organic Bran Flakes
- Uncle Sam Original Wheat Berry Flakes
- Barbara's Original Multigrain Spoonfuls
- Qi'a Cocoa Coconut Superflakes

Pass the Mustard!

HOT SNACK

One snap of a **Unique Multi-Grain "Split"** and you'll know you're not dealing with a normal pretzel. Mini versions of the large hard pretzels made popular by the Pennsylvania Dutch (fun fact, 80% of U.S. pretzels are still made in Pennsylvania), these "Splits" are slow-baked until they're light and crispy. A blend of seven grains, including oats, barley, rye and flaxseed, lend them a slight nutty flavor. National Pretzel Day is April 26, so grab a large bag to share or pack a small one for a salty snack and dip 'em in that mustard you've been wanting to try. —*B.L.*

LABEL WATCH

POLY-DEXTROSE

Reduced-calorie cookies, bars and frozen dairy desserts; "high-

use in diet recipes.

WHAT YOU NEED TO KNOW

This corn-based synthetic additive is used to add volume to food without calories. It improves texture and

functions like fiber—in

but not completely.

FDA is still determining if polydextrose should be counted as

Facts panel. Several

approved it as a dietary fiber.

Is it as beneficial as natural fiber? A review published in *Nutrition Reviews* found that eating polydextrose didn't have the same cholesterol-lowering or improved blood sugar control perks as eating naturally

grains. But it did improve bowel function—though over 15 grams per serving it

sired laxative effect.

BOTTOM LINE

—*Anne Treadwell*

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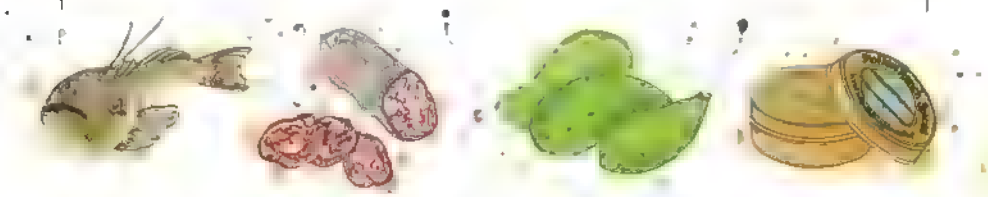
1 Trim ½ to 1 inch from the stem end. Peel the stem with a vegetable peeler. 2 Trim ½ inch off the top. 3 Remove the small, tough outer leaves from the stem end and snip all spiky tips from remaining outer leaves using kitchen shears. 4 Cut in half lengthwise and scoop out the fuzzy choke with a melon baller or grapefruit spoon. (Skip this step if making the whole artichokes on page 48.) TIP: *Keep artichokes from browning by rubbing the cut edges with a lemon half or putting them in a large bowl of ice water with lemon juice.*

TIPS & NOTES



Monkfish (p.88) is known for its huge mouth and teeth, but only the tail is edible. It's sometimes called "poor man's lobster" for its similarity in taste and texture. Look for sustainably caught monkfish from the U.S. Atlantic.

Sopressata (p.56) is seasoned cured Italian sausage, usually made from pork. Look for it with other cured sausages or in the deli at well-stocked supermarkets. Try it in place of pepperoni or salami on a pizza or sandwich.

To prep **cactus paddles,** aka *nopales* (p.89), Wear gloves or grip with a towel. Using a vegetable peeler or a knife at a 45° angle, shave off the thorns and eyes on both sides and all the way around the edges. Rinse well.

Fennel pollen (p.96)—literally pollen harvested from fennel flowers—adds a citrusy, floral anise flavor. Try a pinch in a rub, marinade or dressing or toss with vegetables. Find at specialty food markets or online.

"When should I use a convection setting on my oven?" —R. Blaine

Once limited to high-end ranges, convection functions are now built in to most new ovens. I use convection almost exclusively at home, because it cooks faster and more evenly than regular settings.

Here's why: It has a built-in fan that helps heat the oven faster, eliminates hot spots and enables even cooking on all racks. No more fussing with rotating pans! Plus, ovens with convection also have a vent that draws out excess steam. The drier air helps foods cook and caramelize sooner—just what you're looking for when roasting chicken or vegetables.

When to use it: It's almost always a better choice because it's more efficient. The only time to skip it: when baking something with a light batter like cakes or soufflés that might get jostled by the fan.

How to make it work: If you have more than one convection setting, choose the one indicated in your recipe—bake, roast or broil—or the mode closest to your type of cooking. Because convection cooks food faster, common advice is to reduce the temperature by 25°F and expect foods to be done about 25 percent sooner. Depending on your oven, it may default to a lower temperature when using convection, but you can override that function. At my house, I don't reduce the temperature, I just check for doneness about two-thirds of the way through the recommended cooking time.

So, if you've been hesitant to use convection, just give it a try. It takes some experimenting—every oven is a bit different—but the efficient and delicious results are worth the effort. —***Stacy Fraser***

CLARE BARBUZZA, STYLING: STACY FRASER (FOOD); MOLLY VELTE (PROPS); ARTICHOKES: OCEAN MIST FARMS; ILLUSTRATIONS: EMMA DIBBEN

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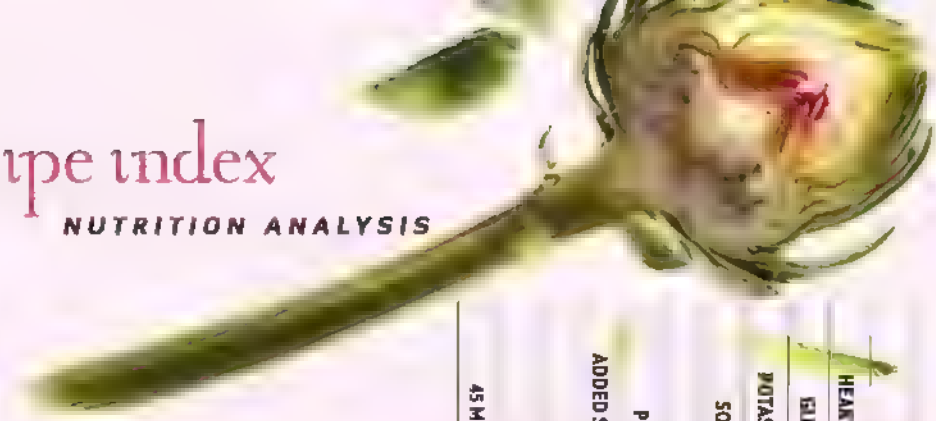

recipe index

NUTRITION ANALYSIS

														DAILY VALUE (20%*)					
	45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B_{12} (%)	VITAMIN C (%)
APPETIZERS																			
88 Bean Tlacoyos		195	30	0	9	6	342	292	■		■		■	20	23				
95 Broiled Oysters with Slow-Roasted Tomato Butter		53	3	0	2	0	95	63	■	■	■							114	
86 Endive with Goat Cheese, Strawberries & Walnuts	■	64	4	1	2	1	79	83	■	■	■		■						21
58 Jalapeño & Dill Labneh		87	7	0	6	0	145	261	■	■	■		■						
58 Lemony Labneh with Pistachios		108	8	0	7	0	144	284	■	■	■		■						
94 Point Reyes Toma Frico with Pea Puree	■	205	5	0	8	1	235	73	■				■						
92 Roasted Three-Chile Salsa	■	14	3	0	1	1	142	98	■		■	■	■						47
91 Scallop Aguachile with Coconut	■	136	8	0	10	2	469	368	■		■								
BREAKFAST, SNACKS & DRINKS																			
58 Apricot-Hazelnut Labneh		110	12	2	7	1	144	308	■	■	■		■						
40 Bean & Bacon Breakfast Tacos	■	283	34	0	13	8	237	370	■	■	■						33		32
92 Chocolate de Agua	■	121	22	20	1	1	7	115	■			■	■						
58 Labneh		70	7	0	6	0	144	243	■	■	■		■						
40 Raspberry Yogurt Cereal Bowl	■	290	48	4	18	6	190	817		■			■	52				25	
34 Smoked Trout & Spinach Scrambled Eggs	■	243	4	0	19	0	455	280	■		■				20		42		
40 Tropical Fruit & Nuts Snack	■	199	27	0	4	4	8	491	■		■	■	■				23		
SALADS & SIDES																			
48 Artichokes with Lemon & Dill		105	18	0	5	9	445	620	■	■	■	■	■		28				38
86 Asparagus Salad with Eggs & Jambon de Bayonne	■	169	5	1	7	1	343	187			■		■						
51 Celery Root Colcannon	■	167	16	0	4	4	330	420	■		■		■						48
96 Little Gem Wedge Salad with Blue Cheese & Herb Dressing	■	169	5	0	8	2	372	344	■		■						183		21
86 Radish, Herb & Feta Salad with Lemon Vinaigrette	■	148	7	1	3	2	331	271	■		■								32
48 Salt-&-Vinegar Roasted Radishes	■	65	3	0	1	1	151	211		■	■	■	■						22
VEGETARIAN MAIN DISHES																			
89 Ancho Chile Quesadillas	■	424	32	0	24	7	468	466	■		■		■				81		62
46 Collards & Portobello Grilled Cheese	■	460	44	2	17	7	707	575			■		■	41	42		59		25
36 Lentil & Roasted Vegetable Salad with Green Goddess Dressing	■	318	28	0	12	10	559	765	■	■	■		■		58	25	119		164
92 Ricotta Gnocchi with Spring Vegetables		445	44	0	21	10	576	579			■		■	29	58	27	42		32
40 West Coast Toast	■	429	46	0	16	15	551	616				■	■		43	24	32		24
CHICKEN																			
90 Caldo Tlalpeño		258	20	0	21	3	542	685	■	■	■				20		49		28
90 Chicken Mole Almendrado		377	18	3	31	5	400	635								24	69		
39 Creamy Chicken, Brussels Sprouts & Mushrooms One-Pot Pasta	■	353	42	0	27	8	461	568		■	■					21			46
56 Lemon-Sopressata Chicken	■	242	5	0	25	0	394	274			■								
44 Roasted Chicken Thighs, Potatoes & Scallions with Herb Vinaigrette	■	353	18	0	22	3	472	740	■		■								28
FISH & SEAFOOD																			
32 Salmon & Avocado Poke Bowl	■	442	34	2	30	7	792	828	■		■				29		70	80	52
88 Seafood Paella with Spring Vegetables		354	38	0	16	5	695	695	■		■							166	38
38 Smoky Shrimp, Corn & Pea One-Pot Pasta	■	297	49	0	26	7	553	684		■	■				26	21	67		28
BEEF, LAMB & PORK																			
40 Beef Kofta with Bulgur & Kale Salad		450	33	0	30	6	596	734			■					24	39	44	45
95 Fennel Pollen & Balsamic-Glazed Pork Tenderloin with Braised Fennel		253	15	5	25	3	478	898	■		■						21		22
86 Grilled Lamb Chops with Anchovy-Walnut Chimichurri	■	284	2	0	17	1	334	264	■		■							23	
39 Italian Sausage & Kale One-Pot Pasta	■	307	44	0	14	6	725	529			■						47		53
39 Lamb & Spinach One-Pot Pasta	■	400	42	0	24	6	444	685			■				31	25	71	27	37
52 Montreal-Style Hanger Steak & Sweet Potato Frites	■	396	30	0	27	5	673	991	■		■						537	26	46
DESSERTS																			
96 Baked Strawberry Custards		251	26	13	5	2	263	215					■						83
88 Chocolate-Covered Almond Cake		280	26	20	6	3	100	135	■				■						

MAREN CARGO STYLING KAREN SHIN

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The Guerrilla Gardener

Ron Finley inspires people to transform food deserts into food forests, one strip of land at a time. By Martha Cheng

WHO HE IS Ron Finley—an artist, fashion designer and former personal trainer—used to drive an hour round-trip from his home in South Central Los Angeles just to find healthy food. He lived in what he called a "food prison," with limited access to fresh fruit and vegetables. On top of that, he was sick of seeing everything from condoms to water heaters discarded in front of his home. Finley asked, "Why can't we have beauty in our community? Why can't we walk down the street and see hummingbirds and be kissed by dragonflies? You want me to smell the roses, but there's none there."

Go to *ronfinley.com* to learn more.

WHAT HE DID In 2010, Finley planted carrots, chard, pomegranate saplings, towering banana trees and other fruits and vegetables in the 10-by-150-foot strip of dirt wedged between the street and sidewalk in front of his house. A year later the city cited him for not having the $400 permit required to garden on city-owned land. But, even after an arrest warrant, he stood his ground. Media coverage and a community petition helped to get the warrant suspended. Then, Finley worked to overturn ordinances that had made it illegal for residents to create sidewalk vegetable gardens. "Basically, it started as therapy for myself," Finley says. "But it turned out to be therapy for the neighborhood."

WHY IT'S COOL Finley has become a guerrilla gardening guru. His TED Talk on reclaiming abandoned lots with vegetable gardens has racked up nearly 3 million views. Schools and organizations from England to Qatar enlist his advice on planting gardens. On a local level, he's helped create more than 25 fruit and vegetable plots in the Los Angeles area. Kimberly Cooper, a public health activist who has helped Finley get the word out about kids learning to grow food, says, "He planted a carrot and all hell broke loose. He created this opportunity to see what can be beautified, but also how it can change your health. That's the even bigger impact that he's had."

STEPHEN ZEIGLER

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